



MENÚ

OCTUBRE 2025

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

		01 ARROZ CON TOMATE BOCADITOS DE POLLO SALTEADOS CON MANGO Y SOJA PATATAS FRITAS ESPECIADAS FRUTA FRESCA PAN BLANCO 781,48 Kcal 31,39 Prot. 25,88 Lip. 101,42 HC	02 GAZPACHO TORTILLA FRANCESA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO 457,19 Kcal 16,69 Prot. 22,35 Lip. 48,94 HC	03 SOPA DE VERDURAS CON FIDEOS PAVO EN SALSA DE CIRUELAS COUS COUS YOGUR NATURAL CON TOPPING PAN BLANCO 658,08 Kcal 35,42 Prot. 20,75 Lip. 80,42 HC
06 CODITOS CARBONARA SALMÓN CON SALSA DE SOJA PANACHÉ DE VERDURAS FRUTA FRESCA PAN INTEGRAL 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC	07 SALMOREJO ALBONDIGAS EN SALSA ESPAÑOLA CALABAZA ASADA YOGUR NATURAL CON TOPPING PAN BLANCO 588,68 Kcal 30,03 Prot. 22,3 Lip. 63,26 HC	08 POTAJE DE ALUBIAS PAVO EN SALSA ENSALADA MIXTA FRUTA FRESCA PAN BLANCO 661,68 Kcal 36,03 Prot. 21,52 Lip. 72,22 HC	09 PAELLA LOMO DE MERLUZA EN SALSA AMERICANA CALABACÍN REHOGADO FRUTA FRESCA PAN BLANCO 573,36 Kcal 26,43 Prot. 11,6 Lip. 87,53 HC	10 CREMA DE VERDURAS REVUELTO DE PATATAS CON JAMÓN SERRANO CHAMPIÑONES SALETADOS CON AJO Y PEREJIL FRUTA FRESCA PAN BLANCO 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC
13 FESTIVO	14 LENTEJAS ESTOFADAS POLLO A LA PLANCHA CON LIMON ENSALADA DE MAIZ CON ACEITUNAS FRUTA FRESCA PAN BLANCO 608,26 Kcal 35,07 Prot. 20,16 Lip. 66,8 HC	15 CREMA DE CALABACIN ESTOFADO DE TERNERA PATATAS AL HORNO YOGUR PAN BLANCO 727,64 Kcal 30,05 Prot. 33,24 Lip. 73,62 HC	16 ARROZ TRES DELICIAS CABALLA EN SALSA CON TOMATE SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO 712,2 Kcal 30,27 Prot. 22,07 Lip. 92,91 HC	17 GUISANTES EN AMARILLO CON JAMÓN HUEVOS AL PLATO ENSALADA VARIADA FRUTA FRESCA PAN BLANCO 653,03 Kcal 30,91 Prot. 27,92 Lip. 59,93 HC
20 CODITOS BOLOÑESA CROQUETAS DE BACALAO COLIFLOR SALTEADA YOGUR NATURAL CON TOPPING PAN INTEGRAL 705,96 Kcal 24,21 Prot. 24,54 Lip. 92,57 HC	21 ALUBIAS CON ACELGAS POLLO TIKA MASALA ENSALADA MIXTA FRUTA FRESCA PAN BLANCO 629,13 Kcal 37,32 Prot. 18,52 Lip. 70,88 HC	22 ESPINACAS CON BECHAMEL GRATINADAS FILETES DE LOMO EN SALSA PATATAS ASADAS FRUTA FRESCA PAN BLANCO 676,79 Kcal 37,13 Prot. 24,03 Lip. 67,95 HC	23 ARROZ MARINERO LOMO DE MERLUZA AL HORNO TOMATE ALIÑADO YOGUR NATURAL CON TOPPING PAN BLANCO 558,95 Kcal 27,71 Prot. 14,76 Lip. 77,27 HC	24 CREMA DE PUERROS Y PATATAS REVUELTO DE ESPARRAGOS ZANAHORIAS BABY SALTEADAS FRUTA FRESCA PAN BLANCO 547,53 Kcal 20,96 Prot. 20,33 Lip. 63,66 HC
27 ESPIRALES AGLIO-OLIO CON PAVO Y CEBOLLINO GALLO MEDITERRÁNEA ENSALADA DE COL YOGUR NATURAL CON TOPPING PAN INTEGRAL 583,95 Kcal 29,91 Prot. 17,19 Lip. 72,33 HC	28 POTAJE DE GARBANZOS CALDERETA DE POLLO CALABAZA ASADA FRUTA FRESCA PAN BLANCO 676,61 Kcal 39,53 Prot. 23,09 Lip. 71,74 HC	29 ARROZ CON TOMATE CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA CALABACIN ASADO FRUTA FRESCA PAN BLANCO 656,13 Kcal 29,72 Prot. 17,69 Lip. 90,68 HC	30 PATATAS A LA MARINERA ATÚN ENCEBOLLADO ENSALADA DE TOMATE FRUTA FRESCA PAN BLANCO 648,49 Kcal 29,97 Prot. 24,75 Lip. 70,63 HC	31 LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASEROS TORTILLA DE CALABACIN ARROZ SALTEADO FRUTA FRESCA PAN BLANCO 804,04 Kcal 23,37 Prot. 31,09 Lip. 100,8 HC



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		01 RICE WITH TOMATO SAUCE STIR-FRIED CHICKEN WITH MANGO AND SOY SAUCE FRIED SPICED POTATO FRESH FRUIT FRESH BREAD 781,48 Kcal 31,39 Prot. 25,88 Lip. 101,42 HC	02 GAZPACHO FRENCH OMELETTE TOMATO SALAD FRESH FRUIT FRESH BREAD 457,19 Kcal 16,69 Prot. 22,35 Lip. 48,94 HC	03 VEGETABLES SOUP WITH NOODLES TURKEY WITH PLUMS SAUCE COUSCOUS NATURAL YOGHURT WITH TOPPING FRESH BREAD 658,08 Kcal 35,42 Prot. 20,75 Lip. 80,42 HC
06 ELBOWS CARBONARA SAUCE SALMON WITH SOY SAUCE SAUTEED VEGETABLE FRESH FRUIT WHOLEMALE BREAD 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC	07 SALMOREJO MEATBALLS WITH TOMATO SAUCE ROASTED PUMPKIN NATURAL YOGHURT WITH TOPPING FRESH BREAD 588,68 Kcal 30,03 Prot. 22,3 Lip. 63,26 HC	08 BEAN STEW TURKEY IN SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD 661,68 Kcal 36,03 Prot. 21,52 Lip. 72,22 HC	09 PAELLA HAKE LOIN IN AMERICAN SAUCE SAUTEED ZUCCHINI FRESH FRUIT FRESH BREAD 573,36 Kcal 26,43 Prot. 11,6 Lip. 87,53 HC	10 CREAM OF VEGETABLE SOUP SCRAMBLED POTATOES WITH SERRANO HAM SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC
13 SCHOOL HOLIDAY	14 LENTILS STEW GRILLED CHICKEN WITH LEMON CORN SALAD WITH OLIVES FRESH FRUIT FRESH BREAD 608,26 Kcal 35,07 Prot. 20,16 Lip. 66,8 HC	15 CREAM OF ZUCCHINI SOUP BEEF STEW BAKE POTATOES YOGHURT FRESH BREAD 727,64 Kcal 30,05 Prot. 33,24 Lip. 73,62 HC	16 THREE DELIGHTS RICE MACKEREL IN TOMATO SAUCE SAUTEED VEGETABLES FRESH FRUIT FRESH BREAD 712,2 Kcal 30,27 Prot. 22,07 Lip. 92,91 HC	17 YELLOW PEAS WITH HAM ROAST EGGS WITH TOMATO MIXED SALAD FRESH FRUIT FRESH BREAD 653,03 Kcal 30,91 Prot. 27,92 Lip. 59,93 HC
20 ELBOW MACARONI BOLOGNESE CODFISH CROQUETTES SAUTÉED CAULIFLOWER NATURAL YOGHURT WITH TOPPING WHOLEMALE BREAD 705,96 Kcal 24,21 Prot. 24,54 Lip. 92,57 HC	21 BEANS WITH SWISS CHARD CHICKEN TIKA MASALA MIXED SALAD FRESH FRUIT FRESH BREAD 629,13 Kcal 37,32 Prot. 18,52 Lip. 70,88 HC	22 GRATIN SPINACH WITH BÉCHAMEL SAUCE LOIN STEAKS IN SAUCE ROASTED POTATOES FRESH FRUIT FRESH BREAD 676,79 Kcal 37,13 Prot. 24,03 Lip. 67,95 HC	23 SEAFOOD RICE BAKE COD FILLET TOMATO SALAD NATURAL YOGHURT WITH TOPPING FRESH BREAD 558,95 Kcal 27,71 Prot. 14,76 Lip. 77,27 HC	24 CREAM OF LEEK AND POTATO SOUP SCRAMBLED EGGS WITH ASPARAGUS SAUTÉED BABY CARROTS FRESH FRUIT FRESH BREAD 547,53 Kcal 20,96 Prot. 20,33 Lip. 63,66 HC
27 AGLIO-OLIO SPIRALS WITH TURKEY AND CHALOTE MEDITERRANEAN ROOSTER COLESLAW NATURAL YOGHURT WITH TOPPING WHOLEMALE BREAD 583,95 Kcal 29,91 Prot. 17,19 Lip. 72,33 HC	28 CHICKPEA CASSEROLE CHICKEN STEW ROASTED PUMPKIN FRESH FRUIT FRESH BREAD 676,61 Kcal 39,53 Prot. 23,09 Lip. 71,74 HC	29 RICE WITH TOMATO SAUCE STEAK LOIN WITH APPLE AND ONION CHUTNEY ROASTED COURGETTE FRESH FRUIT FRESH BREAD 656,13 Kcal 29,72 Prot. 17,69 Lip. 90,68 HC	30 MARINERA-STYLE POTATOES TUNA WITH ONIONS TOMATO SALAD FRESH FRUIT FRESH BREAD 648,49 Kcal 29,97 Prot. 24,75 Lip. 70,63 HC	31 LENTILS WITH CARROTS AND PEPPER ZUCCHINI OMELETTE SAUTEED RICE FRESH FRUIT FRESH BREAD 804,04 Kcal 23,37 Prot. 31,09 Lip. 100,8 HC