



MENÚ

SEPTIEMBRE 2025

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

08

CODITOS CON CREMA SUAVE DE BECHAMEL
SALMON AL HORNO CON AJO Y PEREJIL
ENSALADA DE MAIZ Y REMOLACHA
FRUTA FRESCA
PAN INTEGRAL
650,4 Kcal 27,23 Prot. 21,41 Lip. 82,31 HC

09

GAZPACHO
CORDON BLEU DE POLLO
PATATAS PANADERAS
YOGUR NATURAL CON TOPPING
PAN BLANCO
801,62 Kcal 38,89 Prot. 40,6 Lip. 67,25 HC

10

PISTO MANCHEGO CON HUEVO
POLLO ASADO EN SALSA DE PASAS
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO
537,03 Kcal 33,96 Prot. 23,84 Lip. 43,87 HC

11

ARROZ 3 DELICIAS
BACALAO REBOZADO
REPOLLO ESTILO KIMCHI
FRUTA FRESCA
PAN BLANCO
771,3 Kcal 37,37 Prot. 23,68 Lip. 99,5 HC

12

SALMOREJO
TORTILLA FRANCESA
COLIFLOR SALTEADA
YOGUR
PAN BLANCO
471,73 Kcal 20,58 Prot. 15,38 Lip. 63,27 HC

15

LACITOS BOLOÑESA
FOGONERO AL HORNO CON SALSA
MEDITERRANEA
CALABAZA ASADA
FRUTA FRESCA
PAN INTEGRAL
564,8 Kcal 24,86 Prot. 14,03 Lip. 78,78 HC

16

ARROZ CON CURRY Y PASAS
TORTILLA DE PATATAS Y CEBOLLA
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO
673,62 Kcal 20,83 Prot. 23,31 Lip. 92,12 HC

17

LENTEJAS
ALBONDIGAS DE POLLO AL CHILINDRON
PATATAS DADO
YOGUR
PAN BLANCO
803,45 Kcal 41,6 Prot. 27,48 Lip. 92,21 HC

18

SALMOREJO
GALLINETA A LA ANDALUZA
ENSALADA DE MAR
FRUTA FRESCA
PAN BLANCO
481,35 Kcal 21,61 Prot. 15,05 Lip. 61,74 HC

19

SOPA DE ESTRELLITAS
POLLO AL HORNO
ENSALADA DE JUDIAS VERDES, ZANAHORIA Y
MAIZ
FRUTA FRESCA
PAN BLANCO
539,38 Kcal 29,04 Prot. 16,84 Lip. 64,37 HC

22

CANELONES DE CARNE
REVUELTO DE BACON
PANACHE DE VERDURAS
NATILLAS
PAN INTEGRAL
821,18 Kcal 35,12 Prot. 46 Lip. 63,87 HC

23

ENSALADA DE ALUBIAS
SALCHICHAS CON PIMIENTOS
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO
621,28 Kcal 29,4 Prot. 17,41 Lip. 76,79 HC

24

PAELLA MIXTA
PAVO EN SALSA
PATATAS FRITAS
FRUTA FRESCA
PAN BLANCO
771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

25

GAZPACHO
BACALAO CON MUSELINA DE AJO
CALABACIN ASADO
YOGUR NATURAL CON TOPPING
PAN BLANCO
527,51 Kcal 26,74 Prot. 25 Lip. 46,86 HC

26



29

WOK DE PASTA CON VERDURAS Y BACON
EMPANADILLAS DE ATUN
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL
825,55 Kcal 29,18 Prot. 26,67 Lip. 112,26 HC

30

ESPINACAS GRATINADAS CON BECHAMEL
HAMBURGUESA CON QUESO
ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
FRUTA FRESCA
PAN BLANCO
720,98 Kcal 31,76 Prot. 31,52 Lip. 51,03 HC



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08

ELBOW MACARONI WITH CREAMY BÉCHAMEL SAUCE
SALMON WITH DILL
SWEETCORN AND BEETROOT SALAD
FRESH FRUIT
WHOLEMALE BREAD
650,4 Kcal 27,23 Prot. 21,41 Lip. 82,31 HC

09

GAZPACHO
TURKEY CORDON BLEU
BAKED POTATOES
NATURAL YOGHURT WITH TOPPING
FRESH BREAD
801,62 Kcal 38,89 Prot. 40,6 Lip. 67,25 HC

10

LA MANCHA-STYLE RATATOUILLE WITH EGG
ROAST CHICKEN IN RAISIN SAUCE
MIXED SALAD
FRESH FRUIT
FRESH BREAD
537,03 Kcal 33,96 Prot. 23,84 Lip. 43,87 HC

11

SPECIAL FRIED RICE
BATTERED COD
KIMCHI-STYLE CABBAGE
FRESH FRUIT
FRESH BREAD
771,3 Kcal 37,37 Prot. 23,68 Lip. 99,5 HC

12

SALMOREJO
FRENCH OMELETTE
SAUTÉED CAULIFLOWER
YOGHURT
FRESH BREAD
471,73 Kcal 20,58 Prot. 15,38 Lip. 63,27 HC

15

FARFALLE BOLOGNESE
BAKED POLLOCK WITH MEDITERRANEAN SAUCE
ROASTED PUMPKIN
FRESH FRUIT
WHOLEMALE BREAD
564,8 Kcal 24,86 Prot. 14,03 Lip. 78,78 HC

16

RICE WITH CURRY AND RAISINS
POTATO AND ONION SPANISH OMELETTE
MIXED SALAD
FRESH FRUIT
FRESH BREAD
673,62 Kcal 20,83 Prot. 23,31 Lip. 92,12 HC

17

LENTILS
CHICKEN MEATBALLS COOKED WITH RED PEPPERS
FRIED POTATOES
YOGHURT
FRESH BREAD
803,45 Kcal 41,6 Prot. 27,48 Lip. 92,21 HC

18

SALMOREJO
ANDALUSIAN-STYLE REDFISH
SEAFOOD SALAD
FRESH FRUIT
FRESH BREAD
481,35 Kcal 21,61 Prot. 15,05 Lip. 61,74 HC

19

SOUP WITH PASTA STARS
ROAST CHICKEN
GREEN BEAN, CARROT AND CORN SALAD
FRESH FRUIT
FRESH BREAD
539,38 Kcal 29,04 Prot. 16,84 Lip. 64,37 HC

22

MEAT CANNELONI
SCRAMBLED EGGS WITH BACON
MIXED VEGETABLES
CUSTARD
WHOLEMALE BREAD
821,18 Kcal 35,12 Prot. 46 Lip. 63,87 HC

23

BEANS SALAD
SAUSAGES WITH PEPPERS
MIXED SALAD
FRESH FRUIT
FRESH BREAD
621,28 Kcal 29,4 Prot. 17,41 Lip. 76,79 HC

24

MIXED PAELLA
TURKEY IN SAUCE
CHIPS
FRESH FRUIT
FRESH BREAD
771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

25

GAZPACHO
COD WITH GARLIC MOUSSE
ROASTED COURGETTE
NATURAL YOGHURT WITH TOPPING
FRESH BREAD
527,51 Kcal 26,74 Prot. 25 Lip. 46,86 HC

26



29

STIR-FRIED PASTA WITH VEGETABLES AND BACON
TUNA PASTIES
SAUTÉED VEGETABLES
FRESH FRUIT
WHOLEMALE BREAD
825,55 Kcal 29,18 Prot. 26,67 Lip. 112,26 HC

30

SPINACH GRATIN WITH BECHAMEL SAUCE
CHEESEBURGER
LETTUCE, CORN AND CARROT SALAD
FRESH FRUIT
FRESH BREAD
720,98 Kcal 31,76 Prot. 31,52 Lip. 51,03 HC