



MENÚ

NOVIEMBRE 2025

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

03 CREMA DE VERDURAS Y HORTALIZAS TORTILLA FRANCESA COLIFLOR SALTEADA FRUTA FRESCA PAN INTEGRAL 468,34 Kcal 23,09 Prot. 14,86 Lip. 60,3 HC	04 CODITOS CON CREMA SUAVE DE BECHAMEL SALMON AL HORNO CON AJO Y PEREJIL ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAIZ YOGUR NATURAL CON TOPPING PAN BLANCO 692,33 Kcal 31,31 Prot. 24,52 Lip. 83,96 HC	05 PISTO MANCHEGO CON HUEVO POLLO ASADO EN SALSA DE PASAS Y ALMENDRAS ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO 537,03 Kcal 33,96 Prot. 23,84 Lip. 43,87 HC	06 ARROZ INTEGRAL 3 DELICIAS CON SALSA DE SOJA FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI REPOLLO ESTILO KINCHI FRUTA FRESCA PAN BLANCO 926,94 Kcal 41,25 Prot. 22,26 Lip. 135,9 HC	07 SOPA CASERA DE AVE CON GARBANZOS CARCAMUSAS (ESTOFADO DE MAGRO CON CHORIZO Y JAMÓN) PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO 667,33 Kcal 32,57 Prot. 15,72 Lip. 92,34 HC
10 MACARRONES INTEGRALES EN SALSA DE TOMATE CASERA GALLO SAN PEDRO A LA SICILIANA CALABAZA ASADA FRUTA FRESCA PAN INTEGRAL 592,23 Kcal 26,53 Prot. 16,09 Lip. 80,55 HC	11 GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA POLLO AL CHILINDRON ENSALADA DE JUDIAS VERDES, ZANAHORIA Y MAIZ FRUTA FRESCA PAN BLANCO 648,36 Kcal 37,81 Prot. 20,93 Lip. 70,71 HC	12 ARROZ CON CURRY Y PASAS TORTILLA DE PATATAS ENSALADA MIXTA YOGUR NATURAL PAN BLANCO 749,74 Kcal 26,83 Prot. 27,48 Lip. 97,04 HC	13 CREMA DE VERDURAS ENSALADA DE ALUBIAS BLANCAS CON VINAGRETA DE VERDURAS ENSALADA DE MAR FRUTA FRESCA PAN BLANCO 534,09 Kcal 21,61 Prot. 16,17 Lip. 71,03 HC	14 CONSOME DE AVE JAMONCITOS DE POLLO AL HORNO PATATAS ASADAS AL TOMILLO LIMÓN FRUTA FRESCA PAN BLANCO 600,15 Kcal 34,78 Prot. 19,78 Lip. 67,1 HC
17 ESPIRALES AL PESTO REVUELTO DE QUESO PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL 911,74 Kcal 39,53 Prot. 45,27 Lip. 84,14 HC	18 ALUBIAS PINTAS GUIADAS CON SOFRITO CASERO HAMBURGUESA CON QUESO ENSALADA DE LECHUGA, LOMBARDA Y PASAS FRUTA FRESCA PAN BLANCO 739,87 Kcal 30,47 Prot. 26,35 Lip. 69,24 HC	19 ARROZ INTEGRAL TRES DELICIAS ESCALOPE DE POLLO EMPANADO PATATAS ALIÑADAS CON OLIVA Y OREGANO FRUTA FRESCA PAN BLANCO 744,98 Kcal 37,55 Prot. 20,05 Lip. 101,07 HC	20 CREMA DE BONIATO, CALABAZA Y PUERRO BACALAO A LA RIOJANA ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS YOGUR NATURAL CON TOPPING PAN BLANCO 478,79 Kcal 23,38 Prot. 13,78 Lip. 61,83 HC	21 ENSALADA DE PATATS CON POLLO Y MANZANA GARBANZOS SALTEADOS CON VERDURAS Y PASAS PICO DE GALLO FRUTA FRESCA PAN BLANCO 634,07 Kcal 23,36 Prot. 13,4 Lip. 97,02 HC
24 WOK DE PASTA CON VERDURAS Y BACON EMPANADILLAS DE ATUN SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL 783,21 Kcal 23,66 Prot. 23,99 Lip. 113 HC	25 CREMA DE VERDURAS Y HORTALIZAS TORTILLA FRANCESA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO 458,91 Kcal 20,76 Prot. 15,5 Lip. 60,99 HC	26 ARROZ INTEGRAL CON SALSA DE TOMATE CASERA FILETE DE POLLO AL AJILLO PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO 637,05 Kcal 30,87 Prot. 12,89 Lip. 96,56 HC	27 COLIFLOR CON BECHAMEL GRATINADA GARBANZOS SALTEADOS A LA MILANESA ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO 632,58 Kcal 28,33 Prot. 18,78 Lip. 79,62 HC	28 SOPA CASERA DE AVE CON PICADILLO DE YORK Y HUEVO COCIDO PAVO EN SALSA DE CIRUELAS ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO YOGUR NATURAL PAN BLANCO 656,78 Kcal 49,79 Prot. 19,47 Lip. 69,15 HC



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03

CREAM OF VEGETABLE AND GREENS SOUP

FRENCH OMELETTE

SAUTEED CAULIFLOWER

FRESH FRUIT

WHOLEMALE BREAD

468,34 Kcal 23,09 Prot. 14,86 Lip. 60,3 HC

10

WHOLE WHEAT PASTA WITH HOMEMADE

TOMATO SAUCE

FISH SICILIAN STYLE

ROASTED PUMPKIN

FRESH FRUIT

WHOLEMALE BREAD

592,23 Kcal 26,53 Prot. 16,09 Lip. 80,55 HC

17

PASTA WITH PESTO

CHEESE SCRAMBLE

MIXED VEGETABLES

FRESH FRUIT

WHOLEMALE BREAD

911,74 Kcal 39,53 Prot. 45,27 Lip. 84,14 HC

24

PASTA WOK WITH VEGETABLES AND BACON

TUNA DUMPLINGS

SAUTEED VEGETABLES

FRESH FRUIT

WHOLEMALE BREAD

783,21 Kcal 23,66 Prot. 23,99 Lip. 113 HC

04

PASTA WITH MILD BECHAMEL CREAM

BAKED SALMON WITH GARLIC AND PARSLEY

LETTUCE, GRATED BEETROOT, AND CORN SALAD

NATURAL YOGURT WITH TOPPING

FRESH BREAD

692,33 Kcal 31,31 Prot. 24,52 Lip. 83,96 HC

11

LENTIL STEW WITH CARROT, PEPPER, AND

ONION

CHICKEN IN SAUCE

GREEN BEAN, CARROT, AND CORN SALAD

FRESH FRUIT

FRESH BREAD

648,36 Kcal 37,81 Prot. 20,93 Lip. 70,71 HC

18

BEAN STEW WITH HOMEMADE STIR-FRY

HAMBURGER WITH CHEESE

LETTUCE, RED CABBAGE, AND RAISIN SALAD

FRESH FRUIT

FRESH BREAD

739,87 Kcal 30,47 Prot. 26,35 Lip. 69,24 HC

25

CREAM OF VEGETABLE AND GREENS SOUP

FRENCH OMELETTE

TOMATO SALAD

FRESH FRUIT

FRESH BREAD

458,91 Kcal 20,76 Prot. 15,5 Lip. 60,99 HC

05

RATATOUILLE WITH EGG

ROAST CHICKEN WITH RAISIN AND

ALMOND SAUCE

LETTUCE, CORN, AND OLIVE SALAD

FRESH FRUIT

FRESH BREAD

537,03 Kcal 33,96 Prot. 23,84 Lip. 43,87 HC

12

RICE WITH CURRY AND RAISINS

SPANISH OMELETTE

MIXED SALAD

NATURAL YOGURT

FRESH BREAD

749,74 Kcal 26,83 Prot. 27,48 Lip. 97,04 HC

19

THREE DELIGHTS BROWN RICE

BREADED CHICKEN

SEASONED POTATOES WITH OLIVE AND

OREGANO

FRESH FRUIT

FRESH BREAD

744,98 Kcal 37,55 Prot. 20,05 Lip. 101,07 HC

26

BROWN RICE WITH HOMEMADE TOMATO

SAUCE

GARLIC CHICKEN

BAKED POTATOES

FRESH FRUIT

FRESH BREAD

637,05 Kcal 30,87 Prot. 12,89 Lip. 96,56 HC

06

THREE DELIGHTS BROWN RICE WITH SOY
SAUCE

FAJITA WITH SOY STIR-FRY, SPRING ONION,

AND TERIYAKI SAUCE

KIMCHI-STYLE CABBAGE

FRESH FRUIT

FRESH BREAD

926,94 Kcal 41,25 Prot. 22,26 Lip. 135,9 HC

13

CREAM OF VEGETABLE SOUP

WHITE BEAN SALAD WITH VEGETABLE

VINAIGRETTE

SEA SALAD

FRESH FRUIT

FRESH BREAD

534,09 Kcal 21,61 Prot. 16,17 Lip. 71,03 HC

20

CREMA OF SWEET POTATO, PUMPKIN, AND
LEEK SOUP

COD IN SAUCE

LETTUCE, CORN, AND OLIVE SALAD

NATURAL YOGURT WITH TOPPING

FRESH BREAD

478,79 Kcal 23,38 Prot. 13,78 Lip. 61,83 HC

27

CAULIFLOWER AU GRATIN WITH BECHAMEL

SAUTEED CHICKPEAS

LETTUCE, CORN, AND CARROT SALAD

FRESH FRUIT

FRESH BREAD

632,58 Kcal 28,33 Prot. 18,78 Lip. 79,62 HC

07

HOMEMADE CHICKEN SOUP WITH
CHICKPEAS

CARCAMUSAS (LEAN PORK STEW WITH

CHORIZO AND HAM)

BAKED POTATO SLICES

FRESH FRUIT

FRESH BREAD

667,33 Kcal 32,57 Prot. 15,72 Lip. 92,34 HC

14

CHICKEN BROTH

BAKED CHICKEN LEGS

LEMON THYME ROASTED POTATOES

FRESH FRUIT

FRESH BREAD

600,15 Kcal 34,78 Prot. 19,78 Lip. 67,1 HC

21

POTATO SALAD WITH CHICKEN AND APPLE

SAUTEED CHICKPEAS WITH VEGETABLES AND

RAISINS

MEXICAN SAUCE

FRESH FRUIT

FRESH BREAD

634,07 Kcal 23,36 Prot. 13,4 Lip. 97,02 HC

28

HOMEMADE CHICKEN SOUP WITH DICED

HAM AND BOILED EGG

TURKEY IN SAUCE

LETTUCE, TOMATO, AND FRESH CHEESE

SALAD

NATURAL YOGURT

FRESH BREAD

656,78 Kcal 49,79 Prot. 19,47 Lip. 69,15 HC