



MENÚ

ENERO 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

12

PASTA INTEGRAL AL PESTO
REVUELTO DE QUESO

PANACHE DE VERDURAS

FRUTA FRESCA
PAN INTEGRAL

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

19

WOK DE PASTA INTEGRAL 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

26

MACARRONES INTEGRALES A LA CARBONARA
DE SOJA

SALMÓN CON SALSA DE SOJA

ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA

FRUTA FRESCA
PAN INTEGRAL

679,87 Kcal 29,32 Prot. 23,35 Lip. 83,06 HC

13

LENTEJA CON CALABAZA
HAMBURGUESA CON QUESO

ENSALADA DE LECHUGA, LOMBARDA Y
PASAS

FRUTA FRESCA
PAN BLANCO

741 Kcal 32,5 Prot. 26,54 Lip. 69,74 HC

20

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

27

SOPA CASERA DE AVE CON GARBANZOS

ALBONDIGAS EN SALSA ESPAÑOLA

ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS

YOGUR NATURAL CON COULIS DE FRUTOS DEL BOSQUE

PAN BLANCO

634,55 Kcal 37,35 Prot. 22,71 Lip. 66,73 HC

14

ARROZ 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

21

ARROZ 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

28

POTAJE DE ALUBIAS BLANCAS CON
CALABACIN, JUDIAS VERDES, ZANAHORIA Y
PIMIENTOS

POLLO EN SALSA ESPAÑOLA

ENSALADA MIXTA

FRUTA FRESCA
PAN BLANCO

760,6 Kcal 42,04 Prot. 28,75 Lip. 73,01 HC

08

CREMA DE VERDURAS
POTAJE DE ALUBIAS BLANCAS CON
CALABACIN, JUDIAS VERDES, ZANAHORIA Y
PIMIENTOS
ENSALADA DE MAR
FRUTA FRESCA
PAN BLANCO

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

15

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

22

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

29

PAELLA MIXTA

REVUELTO DE PATATAS CON JAMÓN
SERRANO

CALABACÍN REBOZADO

FRUTA FRESCA
PAN BLANCO

549,94 Kcal 28,93 Prot. 26,82 Lip. 45,45 HC

09

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

16

GUISO DE PATATAS CON MAGRO
GARBANZOS SALTEADOS CON VERDURAS Y
PASAS

PICO DE GALLO

FRUTA FRESCA
PAN BLANCO

662,88 Kcal 27,16 Prot. 15 Lip. 96,98 HC

23

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

30

CREMA DE CALABACIN Y PUERRO

GARBANZOS CON PATATAS Y SOFRITO DE
VERDURAS

CHAMPIÑONES SALETADOS CON AJO Y PEREJIL

FRUTA FRESCA
PAN BLANCO

598,39 Kcal 23,76 Prot. 13,76 Lip. 87,43 HC



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			08 VEGETABLE CREAM SOUP STEW OF WHITE BEANS WITH COURGETTE GREEN BEANS CARROT AND PEPPERS SEAFOOD SALAD FRESH FRUIT FRESH BREAD 534 09 Kcal 21 61 Prot. 16 17 Lip. 71 03 HC	09 POULTRY CONSOMMÉ ROASTED CHICKEN DRUMSTICKS ROASTED POTATOES WITH LEMON THYME FRESH FRUIT FRESH BREAD 600 15 Kcal 34 78 Prot. 19 78 Lip. 67 1 HC
12 WHOLEMEAL PASTA WITH PESTO CHEESE SCRAMBLE MIXED VEGETABLE PANACHÉ FRESH FRUIT WHOLEMALE BREAD 911 74 Kcal 39 53 Prot. 45 27 Lip. 84 14 HC	13 LENTILS WITH PUMPKIN CHEESEBURGER LETTUCE RED CABBAGE AND RAISIN SALAD FRESH FRUIT FRESH BREAD 741 Kcal 32 5 Prot. 26 54 Lip. 69 74 HC	14 THREE DELIGHTS RICE BREADED CHICKEN ESCALOPE DRESSED POTATOES WITH OLIVE AND OREGANO FRESH FRUIT FRESH BREAD 744 98 Kcal 37 55 Prot. 20 05 Lip. 101 07 HC	15 SWEET POTATO PUMPKIN AND LEEK CREAM SOUP RIOJA-STYLE COD LETTUCE SWEETCORN AND OLIVES SALAD NATURAL YOGURT WITH TOPPING FRESH BREAD 478 79 Kcal 23 38 Prot. 13 78 Lip. 61 83 HC	16 POTATO STEW WITH PORK SHOULDER SAUTÉED CHICKPEAS WITH VEGETABLES AND RAISINS PICO DE GALLO FRESH FRUIT FRESH BREAD 662 88 Kcal 27 16 Prot. 15 Lip. 96 98 HC
19 WHOLEMEAL PASTA WOK WITH VEGETABLES AND BACON TUNA PASTIES SAUTÉED VEGETABLES FRESH FRUIT WHOLEMALE BREAD 783 21 Kcal 23 66 Prot. 23 99 Lip. 113 HC	20 VEGETABLE CREAM SOUP FRENCH OMELETTE SEASONED TOMATO FRESH FRUIT FRESH BREAD 458 91 Kcal 20 76 Prot. 15 5 Lip. 60 99 HC	21 RICE WITH HOMEMADE TOMATO SAUCE GARLIC CHICKEN FILLET BAKED SLICED POTATOES (PANADERAS) FRESH FRUIT FRESH BREAD 637 05 Kcal 30 87 Prot. 12 89 Lip. 96 56 HC	22 CAULIFLOWER WITH GRATIN BÉCHAMEL MILANESE-STYLE SAUTÉED CHICKPEAS LETTUCE SWEETCORN AND CARROT SALAD FRESH FRUIT FRESH BREAD 632 58 Kcal 28 33 Prot. 18 78 Lip. 79 62 HC	23 HOMEMADE POULTRY SOUP WITH CHOPPED HAM AND BOILED EGG TURKEY IN PLUM SAUCE LETTUCE TOMATO AND FRESH CHEESE SALAD NATURAL YOGURT FRESH BREAD 656 78 Kcal 49 79 Prot. 19 47 Lip. 69 15 HC
26 WHOLEMEAL MACARONI WITH SOYA CARBONARA SALMON WITH SOYA SAUCE LETTUCE CARROT AND BEETROOT SALAD FRESH FRUIT WHOLEMALE BREAD 679 87 Kcal 29 32 Prot. 23 35 Lip. 83 06 HC	27 HOMEMADE POULTRY SOUP WITH CHICKPEAS MEATBALLS IN SPANISH SAUCE TOMATO CUCUMBER AND BLACK OLIVES SALAD NATURAL YOGURT WITH BERRY COULIS FRESH BREAD 634 55 Kcal 37 35 Prot. 22 71 Lip. 66 73 HC	28 STEW OF WHITE BEANS WITH COURGETTE GREEN BEANS CARROT AND PEPPERS CHICKEN IN SPANISH SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD 760 6 Kcal 42 04 Prot. 28 75 Lip. 73 01 HC	29 MIXED PAELLA SCRAMBLED EGGS WITH POTATOES AND SERRANO HAM BATTERED COURGETTE FRESH FRUIT FRESH BREAD 549 94 Kcal 28 93 Prot. 26 82 Lip. 45 45 HC	30 COURGETTE AND LEEK CREAM SOUP CHICKPEAS WITH POTATOES AND VEGETABLE SOFRITO SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD 598 39 Kcal 23 76 Prot. 13 76 Lip. 87 43 HC