

			JUEVES 8	VIERNES 8	SABADO 10	DOMINGO 11
			COMIDA			
			CREMA DE VERDURAS BRÓCOLI SALTEADO CON CEBOLLA Y JAMÓN SERRANO POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS ENSALADA DE ALUBIAS BLANCAS CON VINAGRETA DE VERDURAS ENSALADA DE MAR FRUTA FRESCA PAN BLANCO	CONSOME DE AVE SOPA CASERA DE VERDURAS JAMONCITOS DE POLLO AL HORNO POLLO EN PEPITORIA PATATAS ASADAS AL TOMILLO LIMÓN FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PATATAS GRATINADAS PASTA AL WOK LOMO EN SALSA FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA ENSALADA CESAR REVUELTO CAMPERO POLLO A LA PLANCHA FRUTA VARIADA LÁCTEOS
			CENA			
			BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR REVUELTO DE JAMON REPOLLO SALTEADO CON MANZANA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA SANTURCE LOMO AL HORNO ARROZ SALTEADO THAY FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO PIZZA BERENJENA REBOZADA CON MIEL FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE QUESO DE CABRA POLLO FRITO BROCOLI GRATINADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 12	MARTES 13	MIÉRCOLES 14	JUEVES 15	VIERNES 16	SABADO 17	DOMINGO 18
COMIDA						
PASTA INTEGRAL AL PESTO PASTA INTEGRAL NAPOLITANA REVUELTO DE QUESO TORTILLA DE CALABACÍN PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL	LENTEJA CON CALABAZA ALUBIAS PINTAS GUIADAS CON SOFRITO CASERO HAMBURGUESA CON QUESO HAMBURGUESA CON SALSA DE MOSTAZA ANTIGUA ENSALADA DE LECHUGA, LOMBARDA Y PASAS FRUTA FRESCA PAN BLANCO	ARROZ TRES DELICIAS PAELLA MIXTA CON ARROZ INTEGRAL ESCALOPE DE POLLO EMPANADO PAVO EN SALSA DE MANZANA PATATAS ALIÑADAS CON OLIVA Y OREGANO FRUTA FRESCA PAN BLANCO	CREMA DE BONIATO, CALABAZA Y PUERRO JUDIAS VERDES CON PATATAS SALTEADAS BACALAO A LA RIOJANA BACALAO CON MUSELINA DE AJO ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS YOGUR NATURAL CON TOPPING PAN BLANCO	GUISO DE PATATAS CON MAGRO ENSALADA DE PATATAS CON POLLO Y MANZANA GARBANZOS SALTEADOS CON VERDURAS Y PASAS TACO DE VERDURAS CON TOMATE ESPECIADO Y SOJA PICO DE GALLO FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA SALCHICHAS PATATAS GRATINADAS COSTILLAS AL HORNO FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON ARROZ CON POLLO ADOBO FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA CAMPERA MAGRO DE CERDO A LA RIOJANA COUS COUS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR GALLO AL HORNO CON CRUMBLE DE CEBOLLA PATATAS ASADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CON ATÚN Y HUEVO REVUELTO DE BACON ZANAHORIA BABY FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL ROLLITOS DE PRIMAVERA PATATAS FRITAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA BOCADILLO POLLO Y QUESO BONIATO ASADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAPRESE TACOS DE TERNERA PICADA ARROZ TRES DELICIAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON LECHUGA, QUESO FRESCO Y MAIZ HAMBURGUESA COMPLETA PATATAS FRITAS TEX MEX FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 19	MARTES 20	MIÉRCOLES 21	JUEVES 22	VIERNES 23	SABADO 24	DOMINGO 25
COMIDA						
WOK DE PASTA INTEGRAL CON VERDURAS Y BACON PASTA INTEGRAL CON PESTO DE ESPINACAS Y TOMATE SECO EMPANADILLAS DE ATUN ATÚN AL HORNO CON CEBOLLA CARAMELIZADA SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL	CREMA DE VERDURAS Y HORTALIZAS LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO TORTILLA FRANCESA TORTILLA DE PATATAS GRATINADA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO	ARROZ CON Salsa DE TOMATE CASERA ENSALADA DE ARROZ CON CANGREJO Y HORTALIZAS FILETE DE POLLO AL AJILLO BOCADITOS DE POLLO SALTEADOS CON MANGO Y SOJA PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO	COLIFLOR CON BECHAMEL GRATINADA VERDURAS SALTEADAS CON TIRAS DE YORK GARBANZOS SALTEADOS A LA MILANESA FAJITAS CON BOLOÑESA DE SOJA ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO	SOPA CASERA DE AVE CON PICADILLO DE YORK Y HUEVO COCIDO SOPA CASERA DE VERDURAS PAVO EN Salsa DE CIRUELAS PAVO AL ESTILO THAY ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO YOGUR NATURAL PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON CRISPY PASTA CARBONARA ALBONDIGAS EN Salsa FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS CON QUESO ARROZ A BANDA CINTA DE LOMO EN Salsa FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA CAMPESINA REVUELTO DE CHAMPIÑONES Y JAMÓN SERRANO PATATAS DADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE LACITOS CON YORK FILETE DE POLLO A LA PARMIGIANA PURÉ DE MANZANA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE COUS COUS CON VERDUTRITAS CALAMAR RABAS REBOZADAS JUDÍAS VERDES SALTEADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADILLA RUSA CHULETA DE SAJONIA A LA PLANCHA AROS DE CEBOLLA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA NICOISE FLAMENQUINES SALTEADO CAMPESTRE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE GARBANZOS CON TOMATE, ATÚN, MAZI Y ZANAHORIA HOT DOG ESTILO NY PATATAS FRITAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA COLESLAW ENCHILADA DE POLLO COUS COUS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 26	MARTES 27	MIÉRCOLES 28	JUEVES 29	VIERNES 30	SABADO 31
			COMIDA		
MACARRONES INTEGRALES A LA CARBONARA DE SOJA	SOPA CASERA DE AVE CON GARBANZOS	POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS	PAELLA MIXTA	CREMA DE CALABACIN Y PUERRO	BRUNCH
MACARRONES INTEGRALES AL POMODORO CON ACEITUNA NEGRA	CONSOME DE AVE	ENSALADA DE ALUBIAS BLANCAS CON VINAGRETA DE VERDURAS	ENSALADA DE ARROZ TROPICAL	BROCOLI SALTEADO CON ZANAHORIA	PANES VARIADOS
SALMÓN CON SALSA DE SOJA	ALBONDIGAS EN SALSA ESPAÑOLA	POLLO EN SALSA ESPAÑOLA	REVUELTO DE PATATAS CON JAMÓN SERRANO	GARBANZOS CON PATATAS Y SOFRITO DE VERDURAS	UNTABLES VARIADOS
SALMÓN CON SALSA A LA NARANJA	KEFTEDES CON SALSA TZATZIKI	FRICASÉ DE POLLO	HUEVOS A LA FLAMENCA	FAJITAS DE SOJA CON ALUBIAS ROJAS	EMBUTIDO VARIADO
ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS	ENSALADA MIXTA	CALABACÍN REBOZADO	CHAMPIÑONES SALETADOS CON AJO Y PEREJIL	CEREALES
FRUTA FRESCA	YOGUR NATURAL CON COULIS DE FRUTOS DEL BOSQUE	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	BOLLERÍA HORNEADA
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO	BUFFET DE ENSALADA
			CENA		
BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA
ENSALADA DE LECHUGA Y MORTADELA	REMOJON GRANADINO	ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	ENSALADA CON APIO, MANZANA Y NUECES	ENSALADA SANTURCE	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
TORTILLA DE PATATAS	SERRANITO	CROQUETAS DE JAMON	BOLITAS DE POLLO COREANO CON MIEL Y SOJA	GALLO EN ADOBO DE LIMÓN FRITO	BROCHETA DE POLLO CON SALSA TERIYAKI
SALTEADO MEDITERRANEO	PATATAS FRITAS	COUS COUS CON VERDURAS	REPOLLO ESTILO KINCHI	GUISANTES SALTEADO CON JAMÓN	CALABACIN REBOZADA
FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR
PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL

			THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
			COMIDA		BRUNCH	BRUNCH
			VEGETABLE CREAM SOUP SAUTÉED BROCCOLI WITH ONION AND SERRANO HAM STEW OF WHITE BEANS WITH COURGETTE GREEN BEANS CARROT AND PEPPERS WHITE BEAN SALAD WITH VEGETABLE VINAIGRETTE SEAFOOD SALAD FRESH FRUIT FRESH BREAD	POULTRY CONSOMMÉ HOMEMADE VEGETABLE SOUP ROASTED CHICKEN DRUMSTICKS CHICKEN IN PEPITORIA SAUCE ROASTED POTATOES WITH LEMON THYME FRESH FRUIT FRESH BREAD	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR GRATIN POTATOES WOK PASTA LOIN IN SAUCE FRESH FRUIT YOGHURT	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CAESAR SALAD COUNTRY-STYLE SCRAMBLED EGGS GRILLED CHICKEN FRESH FRUIT YOGHURT
			CENA			
			SALAD BAR TRICOLOUR PASTA SALAD SCRAMBLED EGGS WITH HAM SAUTÉED CABBAGE WITH APPLE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SANTURCE SALAD ROASTED LOIN THAI-STYLE FRIED RICE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RICE SALAD WITH EGG PIZZA BATTERED AUBERGINE WITH HONEY FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR GOAT'S CHEESE SALAD FRIED CHICKEN GRATIN BROCCOLI FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MONDAY 12

TUESDAY 13

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

COMIDA

WHOLEMEAL PASTA WITH PESTO

WHOLEMEAL PASTA NAPOLITAN STYLE

CHEESE SCRAMBLE

COURGETTE OMELETTE
MIXED VEGETABLE
PANACHÉ

FRESH FRUIT
WHOLEMALE BREAD

LENTILS WITH PUMPKIN
STEWED PINTO BEANS
WITH HOMEMADE
SOFRITO

CHEESEBURGER
BURGER WITH
WHOLEGRAIN MUSTARD
SAUCE
LETTUCE RED CABBAGE
AND RAISIN SALAD

FRESH FRUIT
FRESH BREAD

THREE DELIGHTS RICE

MIXED PAELLA WITH
WHOLEMEAL RICE
BREADED CHICKEN
ESCALOPE

TURKEY IN APPLE SAUCE
DRESSED POTATOES WITH
OLIVE AND OREGANO

FRESH FRUIT
FRESH BREAD

SWEET POTATO PUMPKIN
AND LEEK CREAM SOUP

GREEN BEANS WITH
SAUTÉED POTATOES

RIOJA-STYLE COD

COD WITH GARLIC
MOUSSELINE
LETTUCE SWEETCORN AND
OLIVES SALAD

NATURAL YOGURT WITH
TOPPING
FRESH BREAD

POTATO STEW WITH PORK
SHOULDER

POTATO SALAD WITH
CHICKEN AND APPLE
SAUTÉED CHICKPEAS WITH
VEGETABLES AND RAISINS

VEGETABLE TACO WITH
SPICED TOMATO AND SOYA

PICO DE GALLO

FRESH FRUIT
FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
ASSORTED COLD MEATS
CEREALS
BAKED GOODS
SALAD BAR

SAUSAGES
GRATIN POTATOES
ROASTED RIBS

FRESH FRUIT
YOGHURT

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
ASSORTED COLD MEATS
CEREALS
BAKED GOODS
SALAD BAR

BACON
CHICKEN RICE
MARINATED FRIED FISH

FRESH FRUIT
YOGHURT

CENA

SALAD BAR

COUNTRY-STYLE POTATO
SALAD
RIOJA-STYLE PORK
SHOULDER
COUSCOUS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

CAESAR SALAD
ROASTED JOHN DORY WITH
ONION CRUMBLE
ROASTED POTATOES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

SALAD WITH TUNA AND
EGG
BACON SCRAMBLE
BABY CARROTS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

TROPICAL SALAD
SPRING ROLLS
FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

PASTA SALAD
CHICKEN AND CHEESE
SANDWICH
ROASTED SWEET POTATO
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

CAPRESE SALAD
MINCED BEEF TACOS
THREE DELIGHTS RICE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RICE SALAD WITH LETTUCE
FRESH CHEESE AND
SWEETCORN

FULLY LOADED BURGER
TEX-MEX FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
			COMIDA			
WHOLEMEAL PASTA WOK WITH VEGETABLES AND BACON WHOLEMEAL PASTA WITH SPINACH AND SUN-DRIED TOMATO PESTO TUNA PASTIES BAKED TUNA WITH CARAMELISED ONION SAUTÉED VEGETABLES FRESH FRUIT WHOLEMALE BREAD	VEGETABLE CREAM SOUP LENTILS WITH CARROT AND HOMEMADE PEPPER SOFRITO FRENCH OMELETTE GRATIN SPANISH POTATO OMELETTE SEASONED TOMATO FRESH FRUIT FRESH BREAD	RICE WITH HOMEMADE TOMATO SAUCE RICE SALAD WITH CRAB AND VEGETABLES GARLIC CHICKEN FILLET SAUTÉED CHICKEN BITES WITH MANGO AND SOYA BAKED SLICED POTATOES (PANADERAS) FRESH FRUIT FRESH BREAD	CAULIFLOWER WITH GRATIN BÉCHAMEL SAUTÉED VEGETABLES WITH HAM STRIPS MILANESE-STYLE SAUTÉED CHICKPEAS FAJITAS WITH SOYA BOLOGNESE LETTUCE SWEETCORN AND CARROT SALAD FRESH FRUIT FRESH BREAD	HOMEMADE POULTRY SOUP WITH CHOPPED HAM AND BOILED EGG HOMEMADE VEGETABLE SOUP TURKEY IN PLUM SAUCE THAI-STYLE TURKEY LETTUCE TOMATO AND FRESH CHEESE SALAD NATURAL YOGURT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON CARBONARA PASTA MEATBALLS IN SAUCE FRESH FRUIT YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS WITH CHEESE ARROZ A BANDA PORK LOIN IN SAUCE FRESH FRUIT YOGHURT
			CENA			
SALAD BAR COUNTRY SALAD SCRAMBLED EGGS WITH MUSHROOMS AND SERRANO HAM DICED POTATOES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR BOW-TIE PASTA SALAD WITH HAM CHICKEN FILLET PARMIGIANA APPLE PURÉE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUSCOUS SALAD WITH VEGETABLES BATTERED SQUID RINGS SAUTÉED GREEN BEANS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RUSSIAN SALAD GRILLED SAXONY CHOP ONION RINGS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR NIÇOISE SALAD FLAMENQUINES COUNTRY-STYLE STIR-FRY FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CHICKPEA SALAD WITH TOMATO TUNA SWEETCORN AND CARROT NEW YORK-STYLE HOT DOG FRENCH FRIES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COLESLAW CHICKEN ENCHILADA COUSCOUS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MONDAY 26

TUESDAY 27

WEDNESDAY 28

THURSDAY 29

FRIDAY 30

SATURDAY 31

COMIDA

WHOLEMEAL MACARONI
WITH SOYA CARBONARA
WHOLEMEAL MACARONI
POMODORO WITH BLACK
OLIVES

SALMON WITH SOYA
SAUCE
SALMON WITH ORANGE
SAUCE
LETTUCE CARROT AND
BEETROOT SALAD

FRESH FRUIT
WHOLEMALE BREAD

HOMEMADE POULTRY
SOUP WITH CHICKPEAS

POULTRY CONSOMMÉ

MEATBALLS IN SPANISH
SAUCE
KEFTEDES WITH TZATZIKI
SAUCE
TOMATO CUCUMBER AND
BLACK OLIVES SALAD
NATURAL YOGURT WITH
BERRY COULIS
FRESH BREAD

STEW OF WHITE BEANS
WITH COURGETTE GREEN
BEANS CARROT AND
PEPPERS

WHITE BEAN SALAD WITH
VEGETABLE VINAIGRETTE

CHICKEN IN SPANISH
SAUCE

CHICKEN FRICASSEE

MIXED SALAD

FRESH FRUIT
FRESH BREAD

MIXED PAELLA

TROPICAL RICE SALAD
SCRAMBLED EGGS WITH
POTATOES AND SERRANO
HAM
FLAMENCA-STYLE BAKED
EGGS

BATTERED COURGETTE

FRESH FRUIT
FRESH BREAD

COURGETTE AND LEEK
CREAM SOUP

SAUTÉED BROCCOLI WITH
CARROT
CHICKPEAS WITH
POTATOES AND VEGETABLE
SOFRITO
SOYA FAJITAS WITH RED
BEANS
SAUTÉED MUSHROOMS
WITH GARLIC AND PARSLEY

FRESH FRUIT
FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
ASSORTED COLD MEATS
CEREALS
BAKED GOODS
SALAD BAR

SAUSAGES
CHEESE AND BACON
POTATOES
GRILLED CHICKEN

FRESH FRUIT
YOGHURT

CENA

SALAD BAR

LETTUCE AND
MORTADELLA SALAD

SPANISH POTATO
OMELETTE

MEDITERRANEAN STIR-FRY
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

REMOJÓN GRANADINO

SERRANITO SANDWICH

FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RICE SALAD WITH EGG
OLIVES HAM AND
SWEETCORN

HAM CROQUETTES
COUSCOUS WITH
VEGETABLES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

CELERY APPLE AND
WALNUT SALAD
KOREAN-STYLE CHICKEN
BITES WITH HONEY AND
SOYA

KIMCHI-STYLE CABBAGE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

SANTURCE SALAD

FRIED JOHN DORY IN
LEMON MARINADE

SAUTÉED PEAS WITH HAM
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
QUINOA SALAD WITH
FRESH CHEESE AND
RADISHES

CHICKEN SKEWER WITH
TERIYAKI SAUCE

BATTERED COURGETTE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

			JUEVES 8	VIERNES 9	SABADO 10	DOMINGO 11
			COMIDA			
			CREMA DE VERDURAS POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS ENSALADA DE MAR FRUTA FRESCA PAN BLANCO	CONSOME DE AVE JAMONCITOS DE POLLO AL HORNO PATATAS ASADAS AL TOMILLO LIMÓN FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PATATAS CON VERDURAS PASTA AL WOK LOMO EN SALSA FRUTA VARIADA YOGUR DE SOJA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA ENSALADA DE ARROZ REVUELTO CAMPERO POLLO A LA PLANCHA FRUTA VARIADA YOGUR DE SOJA
			CENA			
			BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR REVUELTO DE JAMON REPOLLO SALTEADO CON MANZANA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA SANTURCE LOMO AL HORNO ARROZ SALTEADO THAY FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO PIZZA SIN LACTOSA BERENJENA SALTEADA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPESTRE POLLO FRITO BROCOLI AL VAPOR FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 12 AL 18 DE ENERO

LUNES 12	MARTES 13	MIÉRCOLES 14	JUEVES 15	VIERNES 16	SABADO 17	DOMINGO 18
COMIDA						
PASTA INTEGRAL AL PESTO REVUELTO DE QUESO PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL	LENTEJA CON CALABAZA LOMO AL HORNO ENSALADA DE LECHUGA, LOMBARDA Y PASAS FRUTA FRESCA PAN BLANCO	ARROZ TRES DELICIAS POLLO A LA PLANCHA PATATAS ALIÑADAS CON OLIVA Y OREGANO FRUTA FRESCA PAN BLANCO	CREMA DE BONIATO, CALABAZA Y PUERRO BACALAO A LA RIOJANA ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS YOGUR DE SOJA PAN BLANCO	GUIZO DE PATATAS CON MAGRO GARBANZOS SALTEADOS CON VERDURAS Y PASAS PICO DE GALLO FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA SALCHICHAS PATATAS CON VERDURAS COSTILLAS AL HORNO FRUTA VARIADA YOGUR DE SOJA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON ARROZ CON POLLO MERLUZA AL HORNO FRUTA VARIADA YOGUR DE SOJA
CENA						
BUFFET DE ENSALADA ENSALADA CAMPERA MAGRO DE CERDO A LA RIOJANA COUS COUS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ GALLO AL HORNO CON CRUMBLE DE CEBOLLA PATATAS ASADAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CON ATÚN Y HUEVO REVUELTO DE BACON ZANAHORIA BABY FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL ROLLITOS DE PRIMAVERA PATATAS FRITAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA BOCADILLO POLLO BONIATO ASADO FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAPRESE TACOS DE POLLO ARROZ TRES DELICIAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON LECHUGA Y MAIZ HAMBURGUESA SIN LACTOSA PATATAS FRITAS TEX MEX FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL

MENÚ YAGO SCHOOL – SIN LACTOSA SEMANA DEL 19 AL 25 DE ENERO

LUNES 19	MARTES 20	MIÉRCOLES 21	JUEVES 22	VIERNES 23	SABADO 24	DOMINGO 25
COMIDA						
WOK DE PASTA INTEGRAL CON VERDURAS Y BACON ATÚN AL HORNO SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL	CREMA DE VERDURAS Y HORTALIZAS TORTILLA FRANCESA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO	ARROZ CON SALSA DE TOMATE CASERA FILETE DE POLLO AL AJILLO PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO	VERDURAS SALTEADAS CON TIRAS DE YORK GARBANZOS SALTEADOS A LA MILANESA ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO	SOPA CASERA DE AVE CON PICADILLO DE YORK Y HUEVO COCIDO PAVO EN SALSA DE CIRUELAS ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO YOGUR DE SOJA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON CRISPY PASTA SALTEADA POLLO AL HORNO FRUTA VARIADA YOGUR DE SOJA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS ARROZ A BANDA CINTA DE LOMO AL HORNO FRUTA VARIADA YOGUR DE SOJA
CENA						
BUFFET DE ENSALADA ENSALADA CAMPESINA REVUELTO DE CHAMPIÑONES Y JAMÓN SERRANO PATATAS DADO FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE LACITOS CON YORK FILETE DE POLLO A LA PLANCHA PURÉ DE MANZANA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE COUS COUS CON VERDUTRITAS MERLUZA AL HORNO JUDÍAS VERDES SALTEADAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPERA CHULETA DE SAJONIA A LA PLANCHA AROS DE CEBOLLA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA NICOISE LOMO AL HORNO SALTEADO CAMPESTRE FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE GARBANZOS CON TOMATE, ATÚN, MAIZ Y ZANAHORIA HOT DOG ESTILO NY PATATAS FRITAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE COL ENCHILADA DE POLLO COUS COUS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 26 AL 31 DE ENERO

LUNES 26	MARTES 27	MIÉRCOLES 28	JUEVES 29	VIERNES 30	SABADO 31
COMIDA					
MACARRONES INTEGRALES AL POMODORO CON ACEITUNA NEGRA	SOPA CASERA DE AVE CON GARBANZOS	POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS	PAELLA MIXTA	CREMA DE CALABACIN Y PUERRO	BRUNCH
SALMÓN CON SALSA DE SOJA	ALBONDIGAS EN SALSA ESPAÑOLA	POLLO EN SALSA ESPAÑOLA	REVUELTO DE PATATAS CON JAMÓN SERRANO	GARBANZOS CON PATATAS Y SOFRITO DE VERDURAS	PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES
ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS	ENSALADA MIXTA	CALABACIN SALTEADO	CHAMPIÑONES SALETADOS CON AJO Y PEREJIL	BOLLERÍA HORNEADA BUFFET DE ENSALADA
FRUTA FRESCA PAN INTEGRAL	YOGUR DE SOJA PAN BLANCO	FRUTA FRESCA PAN BLANCO	FRUTA FRESCA PAN BLANCO	FRUTA FRESCA PAN BLANCO	SALCHICHAS PATATAS CON BACON POLLO A LA PLANCHA
					FRUTA VARIADA YOGUR DE SOJA
CENA					
BUFFET DE ENSALADA ENSALADA DE LECHUGA Y MORTADELA	BUFFET DE ENSALADA REMOJON GRANADINO	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	BUFFET DE ENSALADA ENSALADA CON APIO, MANZANA Y NUECES	BUFFET DE ENSALADA ENSALADA SANTURCE	BUFFET DE ENSALADA ENSALADA DE QUINOA CON RABANITOS
TORTILLA DE PATATAS	SERRANITO	LOMO AL HORNO	BOLITAS DE POLLO COREANO CON MIEL Y SOJA	GALLO AL HORNO	BROCHETA DE POLLO CON SALSA TERIYAKI
SALTEADO MEDITERRANEO	PATATAS FRITAS	COUS COUS CON VERDURAS	REPOLLO ESTILO KINCHI	GUISANTES SALTEADO CON JAMÓN	CALABACIN SALTEADO
FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL

			THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
			COMIDA			
			VEGETABLE CREAM SOUP WHITE BEAN STEW WITH ZUCCHINI SEAFOOD SALAD FRESH FRUIT FRESH BREAD	POULTRY CONSOMMÉ GREEN BEANS POTATOES ROASTED WITH LEMON THYME FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR POTATOES WITH VEGETABLES WOK PASTA PORK LOIN IN SAUCE FRESH FRUIT SOY YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR RICE SALAD COUNTRY-STYLE SCRAMBLED EGGS GRILLED CHICKEN FRESH FRUIT SOY YOGHURT
			CENA			
			SALAD BAR TRICOLOR PASTA SALAD HAM SCRAMBLE SAUTÉED CABBAGE WITH APPLE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SANTURTZI-STYLE SALAD ROAST PORK LOIN THAI-STYLE FRIED RICE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RICE SALAD WITH EGG LACTOSE-FREE PIZZA SAUTÉED EGGPLANT FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY-STYLE SALAD FRIED CHICKEN STEAMED BROCCOLI FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 12 TO 18

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
			COMIDA			
WHOLEWHEAT PASTA WITH PESTO	LENTILS WITH PUMPKIN	THREE-DELIGHTS RICE	SWEET POTATO	PUMPKIN AND LEEK CREAM STIR-FRIED CHICKPEAS WITH VEGETABLES AND RAISINS	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR
CHEESE SCRAMBLE	ROAST PORK LOIN	GRILLED CHICKEN	BASQUE-STYLE COD SEASONED POTATOES WITH OLIVES AND OREGANO	SALAD WITH LETTUCE FRESH FRUIT FRESH BREAD	SAUSAGES POTATOES WITH VEGETABLES ROAST RIBS	BACON CHICKEN RICE OVEN-BAKED HAKE
MIXED VEGETABLES FRESH FRUIT WHOLEMALE BREAD	SALAD WITH LETTUCE FRESH FRUIT FRESH BREAD	RED CABBAGE AND RAISINS FRESH FRUIT FRESH BREAD	SOY YOGURT FRESH BREAD		FRESH FRUIT SOY YOGHURT	FRESH FRUIT SOY YOGHURT
			CENA			
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
COUNTRY-STYLE SALAD	RICE SALAD	SALAD WITH TUNA AND EGG	TROPICAL SALAD	PASTA SALAD	CAPRESE SALAD	RICE SALAD WITH LETTUCE AND SWEETCORN
RIOJA-STYLE PORK COUSCOUS FRESH FRUIT-SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	ROAST JOHN DORY WITH ONION CRUMBLE ROAST POTATOES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	BACON SCRAMBLE BABY CARROTS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SPRING ROLLS FRENCH FRIES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	CHICKEN SANDWICH ROAST SWEET POTATO FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	CHICKEN TACOS THREE-DELIGHTS RICE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	LACTOSE-FREE BURGER TEX-MEX FRENCH FRIES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 19 TO 25

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
			COMIDA			
WHOLE WHEAT PASTA WOK WITH VEGETABLES AND BACON BAKED TUNA SAUTÉED VEGETABLES FRESH FRUIT WHOLEMALE BREAD	VEGETABLE AND GARDEN GREENS CREAM SOUP FRENCH OMELETTE SEASONED TOMATO FRESH FRUIT FRESH BREAD	RICE WITH HOMEMADE TOMATO SAUCE CHICKEN FILLET WITH GARLIC BAKED SLICED POTATOES FRESH FRUIT FRESH BREAD	SAUTÉED VEGETABLES WITH HAM STRIPS SAUTÉED CHICKPEAS MILANESE STYLE LETTUCE, CORN, AND CARROT SALAD FRESH FRUIT FRESH BREAD	HOMEMADE POULTRY SOUP WITH MINCED HAM AND BOILED EGG TURKEY IN PLUM SAUCE LETTUCE, TOMATO, AND FRESH CHEESE SALAD SOY YOGURT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON SAUTEED PASTA BAKED CHICKEN FRESH FRUIT SOY YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS ARROZ A BANDA BAKED PORK LOIN FRESH FRUIT SOY YOGHURT
			CENA			
SALAD BAR COUNTRY SALAD SCRAMBLED EGGS WITH MUSHROOMS AND SERRANO HAM DICED POTATOES FRESH FRUIT-SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR PASTA BOW-TIE SALAD WITH HAM GRILLED CHICKEN FILLET APPLE PURÉE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUSCOUS SALAD WITH VEGETABLES BAKED HAKE (FISH) SAUTÉED GREEN BEANS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR "CAMPERA" POTATO SALAD GRILLED SAXONY PORK CHOP ONION RINGS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR NIÇOISE SALAD BAKED PORK LOIN COUNTRY-STYLE SAUTÉED VEGETABLES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CHICKPEA SALAD WITH TOMATO, TUNA, CORN, AND CARROT NY STYLE HOT DOG FRENCH FRIES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COLESLAW CHICKEN ENCHILADA COUSCOUS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31
			COMIDA		
WHOLE WHEAT MACARONI POMODORO WITH BLACK OLIVES SALMON WITH SOY SAUCE LETTUCE, CARROT, AND BEETROOT SALAD FRESH FRUIT WHOLEMALE BREAD	HOMEMADE POULTRY SOUP WITH CHICKPEAS MEATBALLS IN SPANISH SAUCE TOMATO, CUCUMBER, AND BLACK OLIVE SALAD SOY YOGURT FRESH BREAD	WHITE BEAN STEW WITH ZUCCHINI, GREEN BEANS, CARROTS, AND PEPPERS CHICKEN IN SPANISH SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD	MIXED PAELLA SCRAMBLED POTATOES WITH SERRANO HAM SAUTÉED ZUCCHINI FRESH FRUIT FRESH BREAD	ZUCCHINI AND LEEK CREAM SOUP CHICKPEAS WITH POTATOES AND SAUTÉED VEGETABLES SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SAUSAGES POTATOES WITH BACON GRILLED CHICKEN FRESH FRUIT SOY YOGHURT
			CENA		
SALAD BAR LETTUCE AND MORTADELLA SALAD SPANISH POTATO OMELETTE MEDITERRANEAN SAUTÉED VEGETABLES FRESH FRUIT-SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR "REMOJÓN GRANADINO" (ORANGE AND COD SALAD) "SERRANITO" (PORK, HAM, AND PEPPER SANDWICH) FRENCH FRIES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RICE SALAD WITH EGG, OLIVES, HAM, AND CORN BAKED PORK LOIN COUSCOUS WITH VEGETABLES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SALAD WITH CELERY, APPLE, AND WALNUTS KOREAN CHICKEN BALLS WITH HONEY AND SOY KIMCHI-STYLE CABBAGE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SANTURCE SALAD BAKED MEGRIM (FISH) SAUTÉED PEAS WITH HAM FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR QUINOA SALAD WITH RADISHES CHICKEN SKEWER WITH TERIYAKI SAUCE SAUTÉED ZUCCHINI FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 8 AL 11 DE ENERO

			JUEVES 8	VIERNES 9	SABADO 10	DOMINGO 11
			COMIDA			
			CREMA DE VERDURAS POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS ENSALADA FRUTA FRESCA PAN BLANCO	CONSOME DE AVE TORTILLA FRANCESA PATATAS ASADAS AL TOMILLO LIMÓN FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PATATAS CON VERDURAS PASTA AL WOK FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA ENSALADA CESAR REVUELTO CAMPERO FRUTA VARIADA LÁCTEOS
			CENA			
			BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR TORTILLA FRANCESA REPOLLO SALTEADO CON MANZANA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA SANTURCE HAMBURGUESA VEGETAL ARROZ SALTEADO THAY FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO PANINI DE VERDURAS BERENJENA REBOZADA CON MIEL FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE QUESO DE CABRA VERDURAS REBOZADAS BROCOLI GRATINADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 12 AL 18 DE ENERO

LUNES 12	MARTES 13	MIÉRCOLES 14	JUEVES 15	VIERNES 16	SABADO 17	DOMINGO 18
COMIDA						
PASTA INTEGRAL AL PESTO REVUELTO DE QUESO PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL	LENTEJA CON CALABAZA HAMBURGUESA VEGETAL ENSALADA DE LECHUGA, LOMBARDA Y PASAS FRUTA FRESCA PAN BLANCO	WOK DE VERDURAS ARROZ TRES DELICIAS PATATAS ALIÑADAS CON OLIVA Y OREGANO FRUTA FRESCA PAN BLANCO	CREMA DE BONIATO, CALABAZA Y PUERRO TORTILLA E PATATAS ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS YOGUR NATURAL CON TOPPING PAN BLANCO	GUISO DE PATATAS CON VERDURAS GARBANZOS SALTEADOS CON VERDURAS Y PASAS PICO DE GALLO FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA VERDURAS SALTEADAS PATATAS CON VERDURAS FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA ARROZ CON VERDURAS WOK DE VERDURAS FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA CAMPERA PANINI DE VERDURAS COUS COUS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR CREMA DE VERDURAS PATATAS ASADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CON HUEVO PATATAS REVUELTAS ZANAHORIA BABY FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL ROLLITOS DE PRIMAVERA PATATAS FRITAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA SANDWICH VEGETAL BONIATO ASADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAPRESE TACOS DE VERDURAS ARROZ TRES DELICIAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE ARROZ CON LECHUGA, QUESO FRESCO Y MAIZ HAMBURGUESA VEGETAL PATATAS FRITAS TEX MEX FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 19 AL 25 DE ENERO

LUNES 19	MARTES 20	MIÉRCOLES 21	JUEVES 22	VIERNES 23	SABADO 24	DOMINGO 25
COMIDA						
WOK DE PASTA INTEGRAL CON VERDURAS CROQUETAS DE ESPINACAS SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL	CREMA DE VERDURAS Y HORTALIZAS TORTILLA FRANCESA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO	CRUDITES DE VERDURAS ARROZ CON SALSA DE TOMATE CASERA PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO	COLIFLOR CON BECHAMEL GRATINADA GARBANZOS SALTEADOS A LA MILANESA ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO	SOPA CASERA DE AVE TORTILLA DE PATATAS ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO YOGUR NATURAL PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PASTA SALTEADA CRUDITES DE VERDURAS FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS CON QUESO ARROZ CON VERDURAS FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA CAMPESINA REVUELTO DE CHAMPIÑONES PATATAS DADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA SANDWICH VEGETAL PURÉ DE MANZANA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE COUS COUS CON VERDUTRITAS VERDURAS REBOZADAS JUDÍAS VERDES SALTEADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADILLA RUSA TORTILLA FRANCESA AROS DE CEBOLLA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA NICOISE CROQUETAS DE ESPINACAS SALTEADO CAMPESTRE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE GARBANZOS CON TOMATE, MAIZ Y ZANAHORIA PANINI VEGETAL PATATAS FRITAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA COLESLAW ENCHILADA DE VERDURAS COUS COUS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 26 AL 31 DE ENERO

LUNES 26	MARTES 27	MIÉRCOLES 28	JUEVES 29	VIERNES 30	SABADO 31
COMIDA					
VERDURAS SALTEADAS	SOPA CASERA DE VERDURAS CON GARBANZOS	CREMA DE VERDURAS	ENSALADA DE ARROZ TROPICAL	CREMA DE CALABACIN Y PUERRO	BRUNCH
MACARRONES INTEGRALES A LA CARBONARA DE SOJA	TORTILLA FRANCESA	POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS	REVUELTO DE PATATAS	GARBANZOS CON PATATAS Y SOFRITO DE VERDURAS	PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS	ENSALADA MIXTA	CALABACÍN REBOZADO	CHAMPIÑONES SALETADOS CON AJO Y PEREJIL	PATATAS CON VERDURAS PASTA SALTEADA
FRUTA FRESCA	YOGUR NATURAL CON COULIS DE FRUTOS DEL BOSQUE	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA VARIADA LÁCTEOS
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO	
CENA					
BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA
ENSALADA DE LECHUGA Y MANZANA	REMOJON GRANADINO	ENSALADA DE ARROZ CON HUEVO, ACEITUNAS Y MAIZ	ENSALADA CON APIO, MANZANA Y NUECES	ENSALADA SANTURCE	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
TORTILLA DE PATATAS	SANDWICH VEGETAL	CROQUETAS DE ESPINACAS	HAMBURGUESA VEGETAL	TORTILLA FRANCESA	BROCHETA DE VERDURAS
SALTEADO MEDITERRANEO	PATATAS FRITAS	COUS COUS CON VERDURAS	REPOLLO ESTILO KINCHI	GUISANTES SALTEADOS	CALABACIN REBOZADA
FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR	FRUTA FRESCA-YOGUR
PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 8 TO 11

THURSDAY 8

FRIDAY 9

SATURDAY 10

SUNDAY 11

COMIDA

VEGETABLE CREAM SOUP
WHITE BEAN STEW WITH
ZUCCHINI, GREEN BEANS,
CARROTS, AND PEPPERS

SALAD

FRESH FRUIT
FRESH BREAD

POULTRY CONSOMMÉ

FRENCH OMELETTE

ROASTED POTATOES WITH
LEMON THYME
FRESH FRUIT
FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

POTATOES WITH
VEGETABLES
WOK PASTA

FRESH FRUIT
YOGHURT

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

CAESAR SALAD
COUNTRY-STYLE
SCRAMBLED EGGS

FRESH FRUIT
YOGHURT

CENA

SALAD BAR
TRICOLOR PASTA SALAD
FRENCH OMELETTE
SAUTÉED CABBAGE WITH
APPLE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
SANTURCE SALAD
VEGGIE BURGER

THAI SAUTÉED RICE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RICE SALAD WITH EGG
VEGETABLE PANINI
BATTERED EGGPLANT WITH
HONEY
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
GOAT CHEESE SALAD
BATTERED VEGETABLES

GRATINATED BROCCOLI
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 12 TO 18

MONDAY 12

TUESDAY 13

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

COMIDA

WHOLE WHEAT PASTA
WITH PESTO
CHEESE SCRAMBLED EGGS
VEGETABLE PANACHÉ
FRESH FRUIT
WHOLEMALE BREAD

LENTILS WITH PUMPKIN
VEGGIE BURGER
LETTUCE, RED CABBAGE,
AND RAISIN SALAD
FRESH FRUIT
FRESH BREAD

VEGETABLE WOK
THREE DELIGHTS RICE
SEASONED POTATOES
WITH OLIVE OIL AND
OREGANO
FRESH FRUIT
FRESH BREAD

SWEET POTATO, PUMPKIN,
AND LEEK CREAM
SPANISH OMELETTE
(TORTILLA)
LETTUCE, CORN, AND OLIVE
SALAD
NATURAL YOGURT WITH
TOPPING
FRESH BREAD

POTATO STEW WITH
VEGETABLES
SAUTÉED CHICKPEAS WITH
VEGETABLES AND RAISINS
PICO DE GALLO
FRESH FRUIT
FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR
SAUTEED VEGETABLES
POTATOES WITH
VEGETABLES
FRESH FRUIT
YOGHURT

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR
RICE WITH VEGETABLES
VEGETABLES WOK
FRESH FRUIT
YOGHURT

CENA

SALAD BAR
COUNTRY-STYLE SALAD
VEGETABLE PANINI
COUSCOUS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
CAESAR SALAD
VEGETABLE CREAM SOUP
ROASTED POTATOES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
SALAD WITH EGG
SCRAMBLED POTATOES
BABY CARROTS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
TROPICAL SALAD
SPRING ROLLS
FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
PASTA SALAD
VEGGIE SANDWICH
ROASTED SWEET POTATO
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
CAPRESE SALAD
VEGETABLE TACOS
THREE DELIGHTS RICE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RICE SALAD WITH LETTUCE,
FRESH CHEESE, AND CORN
VEGGIE BURGER
TEX-MEX FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 19 TO 25

MONDAY 19

TUESDAY 20

WEDNESDAY 21

THURSDAY 22

FRIDAY 23

SATURDAY 24

SUNDAY 25

COMIDA

WHOLE WHEAT PASTA
WOK WITH VEGETABLES
SPINACH CROQUETTES
SAUTÉED VEGETABLES
FRESH FRUIT
WHOLEMALE BREAD

VEGETABLE AND GREENS
CREAM SOUP
FRENCH OMELETTE
SEASONED TOMATO
FRESH FRUIT
FRESH BREAD

VEGETABLE CRUDITÉS
RICE WITH HOMEMADE
TOMATO SAUCE
BAKED SLICED POTATOES
(PANADERAS)
FRESH FRUIT
FRESH BREAD

CAULIFLOWER WITH
GRATIN BECHAMEL
SAUTÉED CHICKPEAS
MILANESE STYLE
LETTUCE, CORN, AND
CARROT SALAD
FRESH FRUIT
FRESH BREAD

HOMEMADE POULTRY
SOUP
SPANISH OMELETTE
(TORTILLA)
LETTUCE, TOMATO, AND
FRESH CHEESE SALAD
NATURAL YOGURT
FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

SAUTEED PASTA
VEGETABLE CRUDITES

FRESH FRUIT
YOGHURT

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

SCRAMBLED EGGS WITH
CHEESE
RICE WITH VEGETABLES

FRESH FRUIT
YOGHURT

CENA

SALAD BAR
COUNTRY SALAD
MUSHROOM SCRAMBLED
EGGS
DICED POTATOES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
PASTA SALAD
VEGGIE SANDWICH
APPLE PURÉE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
COUSCOUS SALAD WITH
VEGETABLES
BATTERED VEGETABLES
SAUTÉED GREEN BEANS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RUSSIAN SALAD
FRENCH OMELETTE
ONION RINGS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
NIÇOISE SALAD
SPINACH CROQUETTES
COUNTRY-STYLE SAUTÉED
VEGETABLES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
CHICKPEA SALAD WITH
TOMATO, CORN, AND
CARROT
VEGETABLE PANINI
FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
COLESLAW SALAD
VEGETABLE ENCHILADA
COUSCOUS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 26 TO 31

MONDAY 26

TUESDAY 27

WEDNESDAY 28

THURSDAY 29

FRIDAY 30

SATURDAY 31

COMIDA

BRUNCH

SAUTÉED VEGETABLES
WHOLE WHEAT MACARONI
WITH SOY CARBONARA
LETTUCE, CARROT, AND
BEETROOT SALAD
FRESH FRUIT
WHOLEMALE BREAD

HOMEMADE VEGETABLE
SOUP WITH CHICKPEAS
FRENCH OMELETTE
TOMATO, CUCUMBER, AND
BLACK OLIVE SALAD
NATURAL YOGURT WITH
BERRY COULIS
FRESH BREAD

VEGETABLE CREAM SOUP
WHITE BEAN STEW WITH
ZUCCHINI, GREEN BEANS,
CARROTS, AND PEPPERS
MIXED SALAD
FRESH FRUIT
FRESH BREAD

TROPICAL RICE SALAD
SCRAMBLED POTATOES
BATTERED ZUCCHINI
FRESH FRUIT
FRESH BREAD

ZUCCHINI AND LEEK CREAM
SOUP
CHICKPEAS WITH
POTATOES AND SAUTÉED
VEGETABLES
SAUTÉED MUSHROOMS
WITH GARLIC AND PARSLEY
FRESH FRUIT
FRESH BREAD

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR
POTATOES WITH
VEGETABLES
SAUTÉED PASTA
FRESH FRUIT
YOGHURT

CENA

SALAD BAR
LETTUCE AND APPLE SALAD
SPANISH OMELETTE
MEDITERRANEAN SAUTÉ
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
REMOJÓN GRANADINO
(ORANGE AND COD-STYLE
SALAD)
VEGGIE SANDWICH
FRENCH FRIES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
RICE SALAD WITH EGG,
OLIVES, AND CORN
SPINACH CROQUETTES
COUSCOUS WITH
VEGETABLES
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
SALAD WITH CELERY,
APPLE, AND WALNUTS
VEGGIE BURGER
KIMCHI-STYLE CABBAGE
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
SANTURCE SALAD
FRENCH OMELETTE
SAUTÉED PEAS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR
QUINOA SALAD WITH
FRESH CHEESE AND
RADISHES
VEGETABLE SKEWER
BATTERED ZUCCHINI
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD