



MENÚ

FEBRERO 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

MACARRONES INTEGRALES CON SALSA DE TOMATE CASERA

FOGONERO CON VINAGRETA BLANCA

JUDÍAS VERDES SALTEADAS CON AJITO

FRUTA FRESCA

PAN INTEGRAL

555,81 Kcal 25,79 Prot. 12,11 Lip. 79,71 HC

09

MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA

BACALAO A LA BILBAINA

COLIFLOR SALTEADA

FRUTA FRESCA

PAN INTEGRAL

608,2 Kcal 30,42 Prot. 16,42 Lip. 79,22 HC

16

MACARRONES INTEGRALES AGLIO-OLIO CON PAVO Y CEBOLLINO

GALLO A LA ANDALUZA

ENSALADA DE COL

YOGUR NATURAL

PAN INTEGRAL

696,96 Kcal 35,36 Prot. 22,06 Lip. 85,74 HC

23

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

03

GUIISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA

POLLO A LA PLANCHA CON LIMON

ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

608,26 Kcal 35,07 Prot. 20,16 Lip. 66,8 HC

10

ALUBIAS CON ACELGAS

POLLO TIKA MASALA

PATATAS ASADAS

FRUTA FRESCA

PAN BLANCO

663,47 Kcal 37,02 Prot. 16,74 Lip. 83,29 HC

17

LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO

CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

632,28 Kcal 36,24 Prot. 18,97 Lip. 72,72 HC

24

MACARRONES INTEGRALES CON CREMA SUAVE DE BECHAMEL

SALMON ALHORNO CON AJO Y PEREJIL

ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAIZ

YOGUR NATURAL CON TOPPING

PAN BLANCO

708,44 Kcal 31,26 Prot. 30 Lip. 76,03 HC

04

ARROZ CON SALSA DE TOMATE CASERA

HUEVOS AL PLATO

ENSALADA DE LECHUGA, LOMBARDA Y PASAS

YOGUR NATURAL

PAN BLANCO

752,63 Kcal 26,9 Prot. 30,01 Lip. 91,82 HC

11

ARROZ FRITO CON YORK

LOMO DE MERLUZA AL HORNO

TOMATE ALIÑADO

FRUTA FRESCA

PAN BLANCO

537,93 Kcal 22,73 Prot. 11,77 Lip. 83,75 HC

18

ARROZ CON TOMATE

TORTILLA DE PATATAS

CALABACIN ASADO

FRUTA FRESCA

PAN BLANCO

661,99 Kcal 20,81 Prot. 22,24 Lip. 91,97 HC

25

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

05

CREMA DE CALABAZA

GARBANZOS CON PISTO DE VERDURITAS

SALTEADO DE VERDURAS

FRUTA FRESCA

PAN BLANCO

569,41 Kcal 19 Prot. 12,35 Lip. 87,27 HC

12

ESPINACAS CON BECHAMEL GRATINADAS

LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO

ENSALADA MIXTA

YOGUR NATURAL CON TOPPING

PAN BLANCO

594,69 Kcal 27,71 Prot. 18,75 Lip. 68,74 HC

19

PATATAS A LA MARINERA

CALDERETA DE POLLO

ZANAHORIA BABY

FRUTA FRESCA

PAN BLANCO

662,74 Kcal 35,2 Prot. 22,42 Lip. 74,59 HC

26

ARROZ TRES DELICIAS CON SALSA DE SOJA

FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI

REPOLLO ESTILO KINCHI

FRUTA FRESCA

PAN BLANCO

685,81 Kcal 18,1 Prot. 19,8 Lip. 105,59 HC

06

GUISANTES EN AMARILLO CON JAMÓN

RAGOUT DE TENERA AL ESTILO TRADICIONAL

ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS

FRUTA FRESCA

PAN BLANCO

703,68 Kcal 34,51 Prot. 31,29 Lip. 60,91 HC

13

CREMA DE PUERROS

HUEVOS BELLA AURORA

ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA

FRUTA FRESCA

PAN BLANCO

561,54 Kcal 21,86 Prot. 21,19 Lip. 65,89 HC

20

CREMA DE CALABACIN

TACO DE BOLOÑESA DE SOJA

ENSALADA DE TOMATE

FRUTA FRESCA

PAN BLANCO

498,56 Kcal 10,69 Prot. 16,59 Lip. 72,83 HC

27

NO LECTIVO



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FEBRUARY 2026

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02

WHOLE WHEAT MACARONI WITH HOMEMADE
TOMATO SAUCE
POLLOCK WITH WHITE VINAIGRETTE
SAUTÉED GREEN BEANS WITH GARLIC
FRESH FRUIT
WHOLEMALE BREAD
555,81 Kcal 25,79 Prot. 12,11 Lip. 79,71 HC

03

LENTIL STEW WITH CARROT, PEPPER AND
ONION
GRILLED CHICKEN WITH LEMON
LETTUCE, TOMATO AND CARROT SALAD
FRESH FRUIT
FRESH BREAD
608,26 Kcal 35,07 Prot. 20,16 Lip. 66,8 HC

04

RICE WITH HOMEMADE TOMATO SAUCE
EGGS ON THE PLATE
LETTUCE, RED CABBAGE AND RAISIN SALAD
YOGURT
FRESH BREAD
752,63 Kcal 26,9 Prot. 30,01 Lip. 91,82 HC

05

PUMPKIN CREAM SOUP
CHICKPEAS WITH VEGETABLE RATATOUILLE
SAUTÉED VEGETABLES
FRESH FRUIT
FRESH BREAD
569,41 Kcal 19 Prot. 12,35 Lip. 87,27 HC

06

PEAS IN YELLOW SAUCE WITH HAM
TRADITIONAL BEEF RAGOUT
LETTUCE, CORN AND OLIVE SALAD
FRESH FRUIT
FRESH BREAD
703,68 Kcal 34,51 Prot. 31,29 Lip. 60,91 HC

09

WHOLE WHEAT MACARONI WITH VEGETABLE
AND SOY BOLOGNESE
BILBAO STYLE COD
SAUTÉED CAULIFLOWER
FRESH FRUIT
WHOLEMALE BREAD
608,2 Kcal 30,42 Prot. 16,42 Lip. 79,22 HC

10

BEANS WITH CHARD
CHICKEN TIKKA MASALA
ROASTED POTATOES
FRESH FRUIT
FRESH BREAD
663,47 Kcal 37,02 Prot. 16,74 Lip. 83,29 HC

11

FRIED RICE WITH HAM
BAKED HAKE LOIN
SEASONED TOMATO
FRESH FRUIT
FRESH BREAD
537,93 Kcal 22,73 Prot. 11,77 Lip. 83,75 HC

12

SPINACH AU GRATIN WITH BÉCHAMEL
LENTILS WITH CARROT AND HOMEMADE
PEPPER SOFRITO
MIXED SALAD
NATURAL YOGURT WITH TOPPING
FRESH BREAD
594,69 Kcal 27,71 Prot. 18,75 Lip. 68,74 HC

13

LEEK CREAM SOUP
BELLA AURORA EGGS
LETTUCE, CARROT AND BEETROOT SALAD
FRESH FRUIT
FRESH BREAD
561,54 Kcal 21,86 Prot. 21,19 Lip. 65,89 HC

16

WHOLE WHEAT MACARONI AGLIO-OLIO WITH
TURKEY AND CHIVES
ANDALUSIAN STYLE GALLO FISH
COLESLAW
YOGURT
WHOLEMALE BREAD
696,96 Kcal 35,36 Prot. 22,06 Lip. 85,74 HC

17

LENTILS WITH CARROT AND HOMEMADE
PEPPER SOFRITO
PORK LOIN WITH APPLE AND ONION
CHUTNEY
LETTUCE, CORN AND CARROT SALAD
FRESH FRUIT
FRESH BREAD
632,28 Kcal 36,24 Prot. 18,97 Lip. 72,72 HC

18

RICE WITH TOMATO
SPANISH OMELET
ROASTED ZUCCHINI
FRESH FRUIT
FRESH BREAD
661,99 Kcal 20,81 Prot. 22,24 Lip. 91,97 HC

19

SEAMAN STYLE POTATOES
CHICKEN STEW
BABY CARROTS
FRESH FRUIT
FRESH BREAD
662,74 Kcal 35,2 Prot. 22,42 Lip. 74,59 HC

20

ZUCCHINI CREAM SOUP
SOY BOLOGNESE TACO
TOMATO SALAD
FRESH FRUIT
FRESH BREAD
498,56 Kcal 10,69 Prot. 16,59 Lip. 72,83 HC

23

VEGETABLE CREAM SOUP
FRENCH OMELET
SAUTÉED CAULIFLOWER
FRESH FRUIT
WHOLEMALE BREAD
468,34 Kcal 23,09 Prot. 14,86 Lip. 60,3 HC

24

WHOLE WHEAT MACARONI WITH MILD
BÉCHAMEL CREAM
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE, GRATED BEETROOT AND CORN SALAD
NATURAL YOGURT WITH TOPPING
FRESH BREAD
708,44 Kcal 31,26 Prot. 30 Lip. 76,03 HC

25

MANCHEGO RATATOUILLE WITH EGG
ROASTED CHICKEN IN 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

26

THREE DELIGHTS RICE WITH SOY SAUCE
FAJITA WITH SOY SAUTÉ
KIMCHI STYLE CABBAGE
FRESH FRUIT
FRESH BREAD
685,81 Kcal 18,1 Prot. 19,8 Lip. 105,59 HC

27

NO LECTIVO