

DOMINGO 1

COMIDA

BRUNCH

PANES VARIADOS
UNTABLES VARIADOS
EMBUTIDO VARIADO
CEREALES
BOLLERÍA HORNEADA
BUFFET DE ENSALADA

HUEVOS REVUELTOS
CON PIMIENTOS
ARROZ CON SETAS
CHULETAS AL AJILLO

FRUTA VARIADA
LÁCTEOS

CENA

BUFFET DE ENSALADA
ENSALADA
MEDITERRANEA
HAMBURGUESA
COMPLETA
AROS DE CEBOLLA
FRUTA FRESCA-YOGUR
PAN BLANCO/INTEGRAL

LUNES 2	MARTES 3	MIÉRCOLES 4	JUEVES 5	VIERNES 6	SABADO 7	DOMINGO 8
COMIDA						
MACARRONES INTEGRALES CON SALSA DE TOMATE CASERA ESPAGUETIS INTEGRALES CON SALSA DE CHAMPIÑONES FOGONERO CON VINAGRETA BLANCA FOGONERO A LA ROTEÑA JUDÍAS VERDES SALTEADAS CON AJITO FRUTA FRESCA PAN INTEGRAL	GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA CHAMPIÑONES SALTEADOS AL AJILLO POLLO A LA PLANCHA CON LIMON POLLO EN SALSA LIGERA DE COCO Y CURCUMA ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA FRUTA FRESCA PAN BLANCO	ARROZ CON SALSA DE TOMATE CASERA ARROZ A LA AMERICANA HUEVOS AL PLATO REVUELTO DE JAMÓN YORK ENSALADA DE LECHUGA, LOMBARDA Y PASAS YOGUR PAN BLANCO	CREMA DE CALABAZA GUISO DE PATATAS CON MAGRO GARBANZOS CON PISTO DE VERDURITAS GARBANZOS SALTEADOS CON LOMBARDA, PIMIENTO ROJO Y ADOBO DE SOJA SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO	GUISANTES EN AMARILLO CON JAMÓN BROCOLI CON BECHAMEL GRATINADO RAGOUT DE TENERA AL ESTILO TRADICIONAL GUISO DE TERNERA AL ESTILO ALEMAN ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON CRISPY REVUELTO DE YORK ALBONDIGAS EN SALSA DE ALMENDRAS FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA SALCHICHAS CON QUESO PATATAS GRATINADAS CON BECHAMEL ALITAS DE POLLO ESITLO BROASTER FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA COLESLAW ESTOFADO DE MAGRO CON VERDURITAS ARROZ SALTEADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR COL CON SALCHICHA AHUMADA PURE DE PATATA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR BACALADILLA A LA ANDALUZA VERDURAS AL WOK FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL POLLO SALTEADO A LA PERUANA CALABACÍN A LA PLANCHA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA PATATAS ALIÑADAS TORTILLA FRANCESA CON QUESO VERDURAS SALTEADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADILLA RUSA TACOS AL PASTOR NACHOS CON GUACAMOLE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPERA PIZZA MAIZ Y ZANAHORIA BABY SALTEADA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 9	MARTES 10	MIÉRCOLES 11	JUEVES 12	VIERNES 13	SABADO 14	DOMINGO 15
			COMIDA			
MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA ENSALADA DE PASTA INTEGRAL CON LECHUGA, ATÚN Y HUEVO	ALUBIAS CON ACELGAS CREMA DE CALABAZA ASADA CON TOPING DE HUEVO	ARROZ FRITO CON YORK ARROZ MARINERO	ESPINACAS CON BECHAMEL GRATINADAS ENSALADA CESAR	CREMA DE PUERROS MENESTRA DE VERDURAS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
BACALAO A LA BILBAINA	POLLO TIKA MASALA	LOMO DE MERLUZA AL HORNO	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO	HUEVOS BELLA AURORA	BACON PASTA CARBONARA	SALCHICHAS ARROZ CON TOMATE
BACALAO AL HORNO EN PIPERRADA	FILETE DE POLLO MORUNO A LA PLANCHA	MERLUZA A LA ROMANA	TACO DE GARBANZOS CON PICO DE GALLO	REVUELTO DE ESPARRAGOS	FILETE DE POLLO EN SALSA LIGERA DE LECHE DE COCO Y CURCUMA	FILETE DE POLLO EMPANADO
COLIFLOR SALTEADA	PATATAS ASADAS	TOMATE ALIÑADO	ENSALADA MIXA	ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	FRUTA VARIADA LÁCTEOS	FRUTA VARIADA LÁCTEOS
FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	YOGUR NATURAL CON TOPPING	FRUTA FRESCA		
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	BUFFET DE ENSALADA
ENSALADA DE LECHUGA CON APIO Y NUECES	ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	ENSALADA MIXTA	ENSALADA CAMPERA	ENSALADA SANTURCE	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
CHULETA DE SAJONIA A LA PLANCHA	CAZON EN ADOBO	DUELOS Y QUEBRANTOS	LOMO AL HORNO CON SALSA ESTROGONOF	MERLUZA AL GRATÉN	QUESADILLA DE JAMÓN Y QUESO	HAMBURGUES COMPLETA CON PAN BRIOCHE
LOMBARDA SALTEADA CON MANZANA	SALTEADO DE VERDURAS	BERENJENA A LA PLANCHA	JUDIAS VERDES SALTEADAS CON COMINO Y CÚRCUMA	TIRAS DE PIMIENTOS ASADOS	NACHOS CON QUESO	PATATAS FRITAS TEX-MEX
FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 16	MARTES 17	MIERCOLES 18	JUEVES 19	VIERNES 20	SABADO 21	DOMINGO 22		
MACARRONES INTEGRALES AGLIO-OLIO CON PAVO Y CEBOLLINO MACARRONES INTEGRALES CON VERDURAS AL WOK GALLO A LA ANDALUZA GALLO A LA VIZCAINA ENSALADA DE COL YOGUR PAN INTEGRAL			COMIDA PATATAS A LA MARINERA GUISO DE PATATAS CON COSTILLA CALDERETA DE POLLO FILETE DE POLLO EN SALSA LIGERA DE MOSTAZA ZANAHORIA BABY FRUTA FRESCA PAN BLANCO	BRUNCH CREMA DE CALABACIN VERDURAS A LA PROVENZAL TACO DE BOLOÑESA DE SOJA GARBANZOS SALTEADOS CON LOMBARDA, PIMIENTO ROJO Y ADOBO DE SOJA ENSALADA DE TOMATE FRUTA FRESCA PAN BLANCO			BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON CRISPY ARROZ GRATINADO LOMO ASADO ESCOCES FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS PATATAS CHEESE BACON COSTILLAS A LA BARBACOA FRUTA VARIADA LÁCTEOS
BUFFET DE ENSALADA ENSALADA ALEMANA DE PATATA SERRANITO CALABACIN A LA PLANCHA CON ACEITE DE TOMATE SECO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL			CENA BUFFET DE ENSALADA ENSALADA CAMPERA ALBONDIGAS EN SALSA DE CEBOLLA LOMBARDA SALTEADA CON AJITOS Y PASAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR TORTILLA FRANCESA GRATINADA PIMIENTOS ROJOS A LA PLANCHA CON ALMENDRA Y JENGIBRE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL			BUFFET DE ENSALADA ENSALADA DE POLLO HOT DOG ESTILO NY PATATAS ASADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA MIXTA PIZZA TROPICAL AROS DE CEBOLLA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

LUNES 23	MARTES 24	MIÉRCOLES 25	JUEVES 26	VIERNES 27	SABADO 28
COMIDA					
CREMA DE VERDURAS Y HORTALIZAS GUISANTES SALTEADOS CON CHAMPIÑONES Y HUEVO TORTILLA FRANCESA TORTILLA DE PATATAS COLIFLOR SALTEADA FRUTA FRESCA PAN INTEGRAL	MACARRONES INTEGRALES CON CREMA SUAVE DE BECHAMEL ENSALADA DE PASTA INTEGRAL TROPICAL SALMON AL HORNO CON AJO Y PEREJIL SALMON AL HORNO MACERADO EN PIÑA ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAIZ YOGUR NATURAL CON TOPPING PAN BLANCO	PISTO MANCHEGO CON HUEVO JUDIAS VERDES REHOGADAS POLLO ASADO EN SALSA DE PASAS Y ALMENDRAS ALITAS DE POLLO ASADAS EN SALSA BARBACOA ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO	ARROZ TRES DELICIAS CON SALSA DE SOJA ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, PAVO Y MAIZ FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI LENTEJAS CON VERDURAS REPOLLO ESTILO KINCHI FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PATATAS GRATINADAS GALLO FRITO BOCOLI CON BECHAMEL FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON REVUELTO DE QUESO POLLO A LA PLANCHA FRUTA VARIADA LÁCTEOS
CENA					
BUFFET DE ENSALADA ENSALADA CESAR RABAS DE CALAMAR SALTEADO CAMPESTRE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE LACITOS CON YORK GYROS DE MAGRO CON SALSA TZATIKI BERENJENA A LA PLANCHA CON FRITADA DE AJO Y LIMÓN FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAPRESSE REVUELTO DE YORK CON PATATAS MENESTRA SALTEADA CON AJO Y PIMENTON FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA MEDITERRANEA SINCRONIZADAS CON NATA AGRIA MAIZ Y ZANAHORIA BABY SALTEADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA PASTA SALTEADA HUEVOS FRITOS ARROZ PILAF FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE YORK HAMBURGUESA COMPLETA PATATAS GAJO FRITAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

SUNDAY 1

COMIDA

BRUNCH

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

SCRAMBLED EGGS WITH
PEPPERS
RICE WITH
MUSHROOMS
GARLIC CHOPS

FRESH FRUIT
YOGHURT

CENA

SALAD BAR
MEDITERRANEAN SALAD
COMPLETE BURGER
ONION RINGS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
			COMIDA			
WHOLE WHEAT MACARONI WITH HOMEMADE TOMATO SAUCE WHOLE WHEAT SPAGHETTI WITH MUSHROOM SAUCE POLLOCK WITH WHITE VINAIGRETTE ROTEÑA STYLE POLLOCK SAUTÉED GREEN BEANS WITH GARLIC FRESH FRUIT WHOLEMALE BREAD	LENTIL STEW WITH CARROT, PEPPER AND ONION SAUTÉED MUSHROOMS WITH GARLIC GRILLED CHICKEN WITH LEMON CHICKEN IN LIGHT COCONUT AND TURMERIC SAUCE LETTUCE, TOMATO AND CARROT SALAD FRESH FRUIT FRESH BREAD	RICE WITH HOMEMADE TOMATO SAUCE AMERICAN STYLE RICE EGGS ON THE PLATE SCRAMBLED EGGS WITH YORK HAM LETTUCE, RED CABBAGE AND RAISIN SALAD YOGURT FRESH BREAD	PUMPKIN CREAM SOUP POTATO STEW WITH LEAN PORK CHICKPEAS WITH VEGETABLE RATATOUILLE SAUTÉED CHICKPEAS WITH RED CABBAGE, RED PEPPER AND SOY MARINADE SAUTÉED VEGETABLES FRESH FRUIT FRESH BREAD	PEAS IN YELLOW SAUCE WITH HAM BROCCOLI AU GRATIN WITH BÉCHAMEL TRADITIONAL BEEF RAGOUT GERMAN STYLE BEEF STEW LETTUCE, CORN AND OLIVE SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON SCRAMBLED EGGS WITH HAM MEATBALLS IN ALMOND SALUCE FRESH FRUIT YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SAUSAGES WITH CHEESE POTATOES AU GRATIN WITH BECHAMEL BOASTER STYLE CHICKEN WINGS FRESH FRUIT YOGHURT
			CENA			
SALAD BAR COLESLAW LEAN PORK STEW WITH VEGETABLES SAUTÉED RICE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CAESAR SALAD CABBAGE WITH SMOKED SAUSAGE MASHED POTATOES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TRICOLOR PASTA SALAD ANDALUSIAN STYLE WHITING WOK VEGETABLES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TROPICAL SALAD PERUVIAN SAUTÉED CHICKEN GRILLED ZUCCHINI FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SEASONED POTATOES FRENCH OMELET WITH CHEESE SAUTÉED VEGETABLES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RUSSIAN SALAD TACOS AL PASTOR NACHOS WITH GUACAMOLE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY SALAD PIZZA SAUTÉED CORN AND BABY CARROTS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
			COMIDA			
WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE WHOLE WHEAT PASTA SALAD WITH LETTUCE, TUNA AND EGG BILBAO STYLE COD BAKED COD IN PIPERRADA SAUCE SAUTÉED CAULIFLOWER FRESH FRUIT WHOLEMALE BREAD	BEANS WITH CHARD ROASTED PUMPKIN CREAM WITH EGG TOPPING CHICKEN TIKKA MASALA MOORISH STYLE GRILLED CHICKEN FILLET ROASTED POTATOES FRESH FRUIT FRESH BREAD	FRIED RICE WITH HAM SEAFOOD RICE BAKED HAKE LOIN ROMAN STYLE HAKE SEASONED TOMATO FRESH FRUIT FRESH BREAD	SPINACH AU GRATIN WITH BÉCHAMEL CAESAR SALAD LENTILS WITH CARROT AND HOMEMADE PEPPER SOFRITO CHICKPEA TACO WITH PICO DE GALLO MIXED SALAD NATURAL YOGURT WITH TOPPING FRESH BREAD	LEEK CREAM SOUP VEGETABLE STEW BELLA AURORA EGGS SCRAMBLED EGGS WITH ASPARAGUS LETTUCE, CARROT AND BEETROOT SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR BACON PASTA CARBONARA CHICKEN FILET IN LIGHT COCONUT MILK AND TURMERIC SAUCE FRESH FRUIT YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SAUSAGES RICE WITH TOMATO BREADED CHICKEN FILET FRESH FRUIT YOGHURT
			CENA			
SALAD BAR LETTUCE SALAD WITH CELERY AND WALNUTS GRILLED SAXON PORK CHOP SAUTÉED RED CABBAGE WITH APPLE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR RICE SALAD WITH EGG, OLIVES, HAM AND CORN MARINATED DOGFISH SAUTÉED VEGETABLES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MIXED SALAD SCRAMBLED EGGS WITH CHORIZO AND BACON (DUELOS Y QUEBRANTOS) GRILLED EGGPLANT FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY SALAD BAKED LOIN WITH STROGANOFF SAUCE SAUTÉED GREEN BEANS WITH CUMIN AND TURMERIC FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SANTURCE SALAD HAKE AU GRATIN ROASTED PEPPER STRIPS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR BEAN SALAD WITH COUSCOUS AND MINT HAM AND CHEESE QUESADILLA NACHOS WITH CHEESE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR QUINOA SALAD WITH FRESH CHEESE AND RADISHES COMPLETE BURGER WITH BRIOCHE BUN TEX-MEX FRIES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19		FRIDAY 20		SATURDAY 21		SUNDAY 22																													
WHOLE WHEAT MACARONI AGLIO-OLIO WITH TURKEY AND CHIVES WHOLE WHEAT MACARONI WITH WOK VEGETABLES ANDALUSIAN STYLE GALLO FISH BISCAYNE STYLE GALLO FISH COLESLAW YOGURT WHOLEMALE BREAD						LENTILS WITH CARROT AND HOMEMADE PEPPER SOFRITO SWEET POTATO, SPINACH AND COCONUT SOUP PORK LOIN WITH APPLE AND ONION CHUTNEY GRILLED PORK LOIN LETTUCE, CORN AND CARROT SALAD FRESH FRUIT FRESH BREAD						RICE WITH TOMATO RICE SALAD WITH TUNA SPANISH OMELET SCRAMBLED EGGS WITH CHEESE ROASTED ZUCCHINI FRESH FRUIT FRESH BREAD						COMIDA SEAMAN STYLE POTATOES POTATO STEW WITH RIBS CHICKEN STEW CHICKEN FILLET IN LIGHT MUSTARD SAUCE BABY CARROTS FRESH FRUIT FRESH BREAD						ZUCCHINI CREAM SOUP PROVENÇAL VEGETABLES SOY BOLOGNESE TACO SAUTÉED CHICKPEAS WITH RED CABBAGE, RED PEPPER AND SOY MARINADE TOMATO SALAD FRESH FRUIT FRESH BREAD						BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON RICE AU GRATIN SCOTTISH ROAST PORK LOIN FRESH FRUIT YOGHURT						BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS CHEESE BACON POTATOES BBQ RIBS FRESH FRUIT YOGHURT					
SALAD BAR GERMAN POTATO SALAD SERRANITO (PORK LOIN SANDWICH) GRILLED ZUCCHINI WITH SUN-DRIED TOMATO OIL FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						SALAD BAR TROPICAL SALAD BBQ RIBS SAUTÉED CAULIFLOWER FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						SALAD BAR NICOISE SALAD ROTEÑA STYLE GALLO FISH BAKED BAKER STYLE POTATOES WITH ONION FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						CENA SALAD BAR COUNTRY SALAD MEATBALLS IN ONION SAUCE SAUTÉED RED CABBAGE WITH GARLIC AND RAISINS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						SALAD BAR CAESAR SALAD GRATINATED FRENCH OMELET GRILLED RED PEPPERS WITH ALMONDS AND GINGER FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						SALAD BAR CHICKEN SALAD NY STYLE HOT DOG ROASTED POTATOES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD						SALAD BAR MIXED SALAD TROPICAL PIZZA ONION RINGS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD					

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
			COMIDA		
VEGETABLE CREAM SOUP	WHOLE WHEAT MACARONI WITH MILD BÉCHAMEL CREAM	MANCHEGO RATATOUILLE WITH EGG	THREE DELIGHTS RICE WITH SOY SAUCE	BRUNCH	BRUNCH
SAUTÉED PEAS WITH MUSHROOMS AND EGG	TROPICAL WHOLE WHEAT PASTA SALAD	SAUTÉED GREEN BEANS	RICE SALAD WITH EGG, OLIVES, TURKEY AND CORN	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR
FRENCH OMELET	BAKED SALMON WITH GARLIC AND PARSLEY	ROASTED CHICKEN IN RAISIN AND ALMOND SAUCE	FAJITA WITH SOY SAUTÉ	SPRING ONION AND TERIYAKI SAUCE FRIED FISH BROCCOLI WITH BECHAMEL	POTATOES AU GRATIN SCRAMBLED EGGS WITH CHEESE GRILLED CHICKEN
SPANISH OMELET	BAKED SALMON MARINATED IN PINEAPPLE LETTUCE, GRATED BEETROOT AND CORN SALAD	ROASTED CHICKEN WINGS IN BBQ SAUCE	LENTILS WITH VEGETABLES		
SAUTÉED CAULIFLOWER	NATURAL YOGURT WITH TOPPING	LETTUCE, CORN AND OLIVE SALAD	KIMCHI STYLE CABBAGE	FRESH FRUIT YOGHURT	FRESH FRUIT YOGHURT
FRESH FRUIT	FRESH BREAD	FRESH FRUIT	FRESH FRUIT		
WHOLEMALE BREAD		FRESH BREAD	FRESH BREAD		
			CENA		
SALAD BAR CAESAR SALAD	SALAD BAR PASTA BOW TIES SALAD WITH HAM	SALAD BAR CAPRESE SALAD	SALAD BAR MEDITERRANEAN SALAD	SALAD BAR SAUTÉED PASTA	SALAD BAR HAM SALAD
FRIED SQUID STRIPS	LEAN PORK GYROS WITH TZATZIKI SAUCE	SCRAMBLED EGGS WITH HAM AND POTATOES	SYNCHRONIZED QUESADILLAS WITH SOUR CREAM	FRIED EGGS	COMPLETE BURGER
COUNTRY SAUTÉ	GRILLED EGGPLANT WITH GARLIC AND LEMON FRITADA	SAUTÉED VEGETABLE STEW WITH GARLIC AND PAPRIKA	SAUTÉED CORN AND BABY CARROTS	PILAF RICE	FRIED POTATO WEDGES
FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 1 AL 1 DE FEBRERO

DOMINGO 1

COMIDA

BRUNCH

PANES VARIADOS
UNTABLES VARIADOS
EMBUTIDO VARIADO
CEREALES
BOLLERÍA HORNEADA
BUFFET DE ENSALADA

HUEVOS REVUELTOS
CON PIMIENTOS
ARROZ CON SETAS
CHULETAS AL AJILLO

FRUTA VARIADA
YOGUR DE SOJA

CENA

BUFFET DE ENSALADA
ENSALADA
MEDITERRANEA
HAMBURGUESA
COMPLETA SIN LACTOSA
VERDURAS SALTEADAS
FRUTA FRESCA-YOGUR
DE SOJA
PAN BLANCO/INTEGRAL

MENÚ YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 2 AL 8 DE FEBRERO

LUNES 2	MARTES 3	MIÉRCOLES 4	JUEVES 5	VIERNES 6	SABADO 7	DOMINGO 8
COMIDA						
MACARRONES INTEGRALES CON SALSA DE TOMATE CASERA FOGONERO CON VINAGRETA BLANCA JUDÍAS VERDES SALTEADAS CON AJITO FRUTA FRESCA PAN INTEGRAL	GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA POLLO A LA PLANCHA CON LIMON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA FRUTA FRESCA PAN BLANCO	ARROZ CON SALSA DE TOMATE CASERA HUEVOS AL PLATO ENSALADA DE LECHUGA, LOMBARDA Y PASAS YOGUR DE SOJA PAN BLANCO	CREMA DE CALABAZA GARBANZOS CON PISTO DE VERDURITAS SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO	GUISANTES EN AMARILLO CON JAMÓN LOMO AL HORNO ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA BACON CRISPY REVUELTO DE YORK LOMO AL HORNO FRUTA VARIADA YOGUR DE SOJA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA SALCHICHAS PATATAS CON VERDURAS ALITAS DE POLLO BROASTER FRUTA VARIADA YOGUR DE SOJA
CENA						
BUFFET DE ENSALADA ENSALADA DEL COL ESTOFADO DE MAGRO CON VERDURITAS ARROZ SALTEADO FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CON POLLO COL CON SALCHICHA AHUMADA PURE DE PATATA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR BACALADILLA A LA ANDALUZA VERDURAS AL WOK FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL POLLO SALTEADO A LA PERUANA CALABACÍN A LA PLANCHA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA PATATAS ALIÑADAS TORTILLA FRANCESA VERDURAS SALTEADAS FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA MEDITERRANEA TACOS AL PASTOR NACHOS CON GUACAMOLE FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPERA PIZZA SIN LACTOSA MAIZ Y ZANAHORIA BABY SALTEADA FRUTA FRESCA-YOGUR DE SOJA PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 9 AL 15 DE FEBRERO

LUNES 9	MARTES 10	MIERCOLES 11	JUEVES 12	VIERNES 13	SABADO 14	DOMINGO 15
COMIDA						
MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA	ALUBIAS CON ACELGAS	ARROZ FRITO CON YORK	ESPINACAS SALTEADAS	CREMA DE PUERROS	BRUNCH	BRUNCH
BACALAO A LA BILBAINA	POLLO TIKA MASALA	LOMO DE MERLUZA AL HORNO	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO	REVUELTO DE ESPARRAGOS	PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA	PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
COLIFLOR SALTEADA	PATATAS ASADAS	TOMATE ALIÑADO	ENSALADA MIXTA	ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	BACON PASTA CON TOMATE LOMO AL HORNO	SALCHICHAS ARROZ CON TOMATE FILETE DE POLLO A LA PLANCHA
FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	YOGUR DE SOJA CON TOPPING	FRUTA FRESCA	FRUTA VARIADA YOGUR DE SOJA	FRUTA VARIADA YOGUR DE SOJA
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO		
CENA						
BUFFET DE ENSALADA	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA
ENSALADA DE LECHUGA CON APIO Y NUECES	CAZON AL HORNO	ENSALADA MIXTA	ENSALADA CAMPERA	ENSALADA SANTURCE	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON RABANITOS
CHULETA DE SAJONIA A LA PLANCHA	SALTEADO DE VERDURAS	DUELOS Y QUEBRANTOS	LOMO AL HORNO CON SALSA ESTROGONOF	MERLUZA AL HORNO	QUESADILLAS DE JAMÓN	HAMBURGUESA COMPLETA SIN LACTOSA
LOMBARDA SALTEADA CON MANZANA	FRUTA FRESCA-YOGUR DE SOJA	BERENJENA A LA PLANCHA	JUDIAS VERDES SALTEADAS CON COMINO Y CÚRCUMA	TIRAS DE PIMIENTOS ASADOS	NACHOS	PATATAS FRITAS TEX-MEX
FRUTA FRESCA-YOGUR DE SOJA	PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA
PAN BLANCO/INTEGRAL		PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL – SIN LACTOSA SEMANA DEL 16 AL 22 DE FEBRERO

LUNES 16	MARTES 17	MIÉRCOLES 18	JUEVES 19	VIERNES 20	SABADO 21	DOMINGO 22
			COMIDA			
MACARRONES INTEGRALES AGLIO-OLIO CON PAVO Y CEBOLLINO	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA	ARROZ CON TOMATE	PATATAS A LA MARINERA	CREMA DE CALABACIN	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA	BRUNCH PANES VARIADOS UNTABLES VARIADOS EMBUTIDO VARIADO CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
GALLO A LA ANDALUZA	ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA	TORTILLA DE PATATAS	CALDERETA DE POLLO	TACO DE BOLOÑESA DE SOJA		
ENSALADA DE COL	FRUTA FRESCA	CALABACIN ASADO	ZANAHORIA BABY	ENSALADA DE TOMATE	BACON CRISPY ARROZ SALTEADO LOMO ASADO ESCOCES	HUEVOS REVUELTOS PATATAS CON VERDURAS COSTILLAS A LA BARBACOA
YOGUR DE SOJA PAN INTEGRAL	PAN BLANCO	FRUTA FRESCA PAN BLANCO	FRUTA FRESCA PAN BLANCO	FRUTA FRESCA PAN BLANCO	FRUTA VARIADA YOGUR DE SOJA	FRUTA VARIADA YOGUR DE SOJA
			CENA			
BUFFET DE ENSALADA ENSALADA ALEMANA DE PATATA	BUFFET DE ENSALADA ENSALADA TROPICAL	BUFFET DE ENSALADA ENSALADA NICOISE	BUFFET DE ENSALADA ENSALADA CAMPERA	BUFFET DE ENSALADA ENSALADA MEDITERRANEA	BUFFET DE ENSALADA ENSALADA DE POLLO	BUFFET DE ENSALADA ENSALADA MIXTA
SERRANITO	COSTILLAS A LA BARBACOA	GALLO A LA ROTEÑA	ALBONDIGAS EN SALSA DE CEBOLLA	TORTILLA FRANCESA	HOT DOG ESTILO NY SIN LACTOSA	PIZZA TROPICAL SIN LACTOSA
CALABACIN A LA PLANCHA CON ACEITE DE TOMATE SECO	COLIFLOR SALTEADA	PATATAS PANADERAS CON CEBOLLA AL HORNO	LOMBARDA SALTEADA CON AJITOS Y PASAS	PIMIENTOS ROJOS A LA PLANCHA CON ALMENDRA Y JENGIBRE	PATATAS ASADAS	AROS DE CEBOLLA
FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA
PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL – SIN LACTOSA

SEMANA DEL 23 AL 28 DE FEBRERO

LUNES 23	MARTES 24	MIÉRCOLES 25	JUEVES 26	VIERNES 27	SABADO 28
COMIDA					
CREMA DE VERDURAS Y HORTALIZAS	ENSALADA DE PASTA INTEGRAL TROPICAL	PISTO MANCHEGO CON HUEVO	ARROZ TRES DELICIAS CON SALSA DE SOJA	BRUNCH	BRUNCH
TORTILLA FRANCESA	SALMON ALHORNO CON AJO Y PEREJIL	POLLO ASADO EN SALSA DE PASAS Y ALMENDRAS	FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI	PANES VARIADOS	PANES VARIADOS
COLIFLOR SALTEADA	ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAIZ	ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS	REPOLLO ESTILO KINCHI	UNTABLES VARIADOS	UNTABLES VARIADOS
FRUTA FRESCA	YOGUR DE SOJA CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	EMBUTIDO VARIADO	EMBUTIDO VARIADO
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	CEREALES	CEREALES
				BOLLERÍA HORNEADA	BOLLERÍA HORNEADA
				BUFFET DE ENSALADA	BUFFET DE ENSALADA
				PATATAS CON VERDURAS	BACON
				GALLO AL HORNO	HUEVOS REVUELTOS
				BROCOLI SALTEADO	POLLO A LA PLANCHA
					FRUTA VARIADA
					YOGUR DE SOJA
				FRUTA VARIADA	
				YOGUR DE SOJA	
CENA					
BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA	BUFFET DE ENSALADA
ENSALADA CAMPERA	ENSALADA DE LACITOS CON YORK	ENSALADA CAPRESSE	ENSALADA MEDITERRANEA	PASTA SALTEADA	ENSALADA DE YORK
MERLUZA AL HORNO	GYROS DE MAGRO CON SALSA TZATIKI	REVUELTO DE YORK CON PATATAS	LOMO AL HORNO	HUEVOS FRITOS	HAMBURGUESA COMPLETA SIN LACTOSA
SALTEADO CAMPESTRE	BERENJENA A LA PLANCHA CON FRITADA DE AJO Y LIMÓN	MENESTRA SALTEADA CON AJO Y PIMENTON	MAIZ Y ZANAHORIA BABY SALTEADAS	ARROZ PILAF	PATATAS GAJO FRITAS
FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA	FRUTA FRESCA-YOGUR DE SOJA
PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL	PAN BLANCO/INTEGRAL

						SUNDAY 8
			COMIDA			BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS WITH PEPPERS RICE WITH MUSHROOMS GARLIC PORK CHOPS FRESH FRUIT SOY YOGHURT
			CENA			 SALAD BAR MEDITERRANEAN SALAD COMPLETE BURGER LACTOSE FREE SAUTEED VEGETABLES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 2 TO 8

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
			COMIDA			
WHOLE WHEAT MACARONI WITH HOMEMADE TOMATO SAUCE POLLACK WITH WHITE VINAIGRETTE SAUTÉED GREEN BEANS WITH GARLIC FRESH FRUIT WHOLEMALE BREAD	LENTIL STEW WITH CARROT, PEPPER, AND ONION GRILLED CHICKEN WITH LEMON LETTUCE, TOMATO, AND CARROT SALAD FRESH FRUIT FRESH BREAD	RICE WITH HOMEMADE TOMATO SAUCE BAKED EGGS (HUEVOS AL PLATO) LETTUCE, RED CABBAGE, AND RAISIN SALAD SOY YOGURT FRESH BREAD	PUMPKIN CREAM SOUP CHICKPEAS WITH VEGETABLE RATATOUILLE SAUTÉED VEGETABLES FRESH FRUIT FRESH BREAD	YELLOW PEAS WITH HAM ROASTED PORK LOIN LETTUCE, CORN, AND OLIVE SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON YORK STYLE SCRAMBLED EGGS ROASTED PORK LOIN FRESH FRUIT SOY YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SAUSAGES PORTATOES WITH VEGETABLES BROASTER CHICKEN WINGS FRESH FRUIT SOY YOGHURT
			CENA			
SALAD BAR COLESLAW LEAN PORK STEW WITH VEGETABLES SAUTÉED RICE FRESH FRUIT-SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CHICKEN SALAD CABBAGE WITH SMOKED SAUSAGE MASHED POTATOES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TRICOLOR PASTA SALAD ANDALUSIAN-STYLE BLUE WHITING WOK VEGETABLES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TROPICAL SALAD PERUVIAN-STYLE SAUTÉED CHICKEN GRILLED ZUCCHINI FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SEASONED POTATOES FRENCH OMELET SAUTÉED VEGETABLES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MEDITERRANEAN SALAD TACOS AL PASTOR NACHOS WITH GUACAMOLE FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY-STYLE SALAD (CAMPERA) LACTOSE-FREE PIZZA SAUTÉED CORN AND BABY CARROTS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 9 TO 15

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
			COMIDA			
WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE	WHITE BEANS WITH SWISS CHARD	FRIED RICE WITH HAM	SAUTÉED SPINACH	CREAM OF LEEK SOUP	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
COD "BILBAÍNA" STYLE	CHICKEN TIKKA MASALA	BAKED HAKE LOIN	LENTILS WITH CARROTS AND HOMEMADE PEPPER SAUCE	SCRAMBLED EGGS WITH ASPARAGUS		
SAUTÉED CAULIFLOWER	ROASTED POTATOES	SEASONED TOMATO	MIXED SALAD	LETTUCE, CARROT, AND BEETROOT SALAD	BACON PASTA WITH TOMATO ROASTED PORK LOIN	SAUSAGES RICE WITH TOMATO GRILLED CHICKEN FILET
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	SOY YOGURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT SOY YOGHURT	FRESH FRUIT SOY YOGHURT
WHOLEMALE BREAD	FRESH BREAD	FRESH BREAD	FRESH BREAD	FRESH BREAD		
			CENA			
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
LETTUCE SALAD WITH CELERY AND WALNUTS	RICE SALAD WITH EGG, OLIVES, HAM, AND CORN	MIXED SALAD	COUNTRY-STYLE SALAD (CAMPERA)	SANTURCE-STYLE SALAD	BEAN SALAD WITH COUSCOUS AND PEPPERMINT	QUINOA SALAD WITH RADISHES
GRILLED SAXONY PORK CHOP	BAKED SCHOOL SHARK (CAZÓN)	"DUELOS Y QUEBRANTOS" (EGGS WITH CHORIZO/HAM)	ROASTED PORK LOIN WITH STROGANOFF SAUCE	BAKED HAKE	HAM QUESADILLAS	COMPLETE LACTOSE- FREE BURGER
SAUTÉED RED CABBAGE WITH APPLE	SAUTÉED VEGETABLES	GRILLED EGGPLANT	SAUTÉED GREEN BEANS WITH CUMIN AND TURMERIC	ROASTED PEPPER STRIPS	NACHOS	TEX-MEX FRENCH FRIES
FRESH FRUIT-SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT
WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 16 TO 22

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
			COMIDA			
WHOLE WHEAT MACARONI AGLIO-OLIO WITH TURKEY AND CHIVES ANDALUSIAN-STYLE MEGRIM (FISH) COLESLAW SOY YOGURT WHOLEMALE BREAD	LENTILS WITH CARROTS AND HOMEMADE PEPPER SAUCE PORK LOIN WITH APPLE AND ONION CHUTNEY LETTUCE, CORN, AND CARROT SALAD FRESH FRUIT FRESH BREAD	RICE WITH TOMATO SAUCE SPANISH POTATO OMELET ROASTED ZUCCHINI FRESH FRUIT FRESH BREAD	SEAFOOD-STYLE POTATOES CHICKEN STEW (CALDERETA) BABY CARROTS FRESH FRUIT FRESH BREAD	CREAM OF ZUCCHINI SOUP SOY BOLOGNESE TACO TOMATO SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR CRISPY BACON SAUTEED RICE SCOTTISH ROASTED PORK LOIN FRESH FRUIT SOY YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS POTATOES WITH VEGETABLES BBQ RIBS FRESH FRUIT SOY YOGHURT
			CENA			
SALAD BAR GERMAN POTATO SALAD "SERRANITO" SANDWICH GRILLED ZUCCHINI WITH SUN-DRIED TOMATO OIL FRESH FRUIT-SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TROPICAL SALAD BBQ RIBS SAUTÉED CAULIFLOWER FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR NICOISE SALAD MEGRIM "ROTEÑA" STYLE BAKED SLICED POTATOES WITH ONION FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY-STYLE SALAD MEATBALLS IN ONION SAUCE SAUTÉED RED CABBAGE WITH GARLIC AND RAISINS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MEDITERRANEAN SALAD FRENCH OMELET GRILLED RED PEPPERS WITH ALMOND AND GINGER FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CHICKEN SALAD NY STYLE LACTOSE-FREE HOT DOG ROASTED POTATOES FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MIXED SALAD LACTOSE-FREE TROPICAL PIZZA ONION RINGS FRESH FRUIT- SOY YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 23 TO 28

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
			COMIDA		
				BRUNCH	BRUNCH
VEGETABLE AND GREENS CREAM SOUP	TROPICAL WHOLE WHEAT PASTA SALAD	"PISTO MANCHEGO" (VEGETABLE STEW) WITH EGG	"THREE DELIGHTS" FRIED RICE WITH SOY SAUCE	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR	ASSORTED BREADS ASSORTED SPREADS ASSORTED COLD MEATS CEREALS BAKED GOODS SALAD BAR
FRENCH OMELET	BAKED SALMON WITH GARLIC AND PARSLEY	ROASTED CHICKEN IN RAISIN AND ALMOND SAUCE	FAJITA WITH SAUTÉED SOY, SPRING ONION, AND TERIYAKI SAUCE	POTATOES WITH VEGETABLES BAKED MEGRIM (FISH) SAUTEED BROCCOLI	BACON SCRAMBLED EGGS GRILLED CHICKEN
SAUTÉED CAULIFLOWER	LETTUCE, SHREDDED BEETROOT, AND CORN SALAD	LETTUCE, CORN, AND OLIVE SALAD	KIMCHI-STYLE CABBAGE		
FRESH FRUIT	SOY YOGURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT SOY YOGHURT	FRESH FRUIT SOY YOGHURT
WHOLEMALE BREAD	FRESH BREAD	FRESH BREAD	FRESH BREAD		
			CENA		
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
COUNTRY-STYLE SALAD (CAMPERA)	BOW-TIE PASTA SALAD WITH HAM	CAPRESE SALAD	MEDITERRANEAN SALAD	SAUTÉED PASTA	HAM SALAD
BAKED HAKE	LEAN PORK GYROS WITH TZATZIKI SAUCE	SCRAMBLED EGGS WITH HAM AND POTATOES	ROASTED PORK LOIN	FRIED EGGS	COMPLETE LACTOSE- FREE BURGER
COUNTRY-STYLE SAUTÉED VEGETABLES	GRILLED EGGPLANT WITH GARLIC AND LEMON	SAUTÉED MIXED VEGETABLES WITH GARLIC AND PAPRIKA	SAUTÉED CORN AND BABY CARROTS	PILAF RICE	FRIED POTATO WEDGES
FRESH FRUIT-SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT	FRESH FRUIT- SOY YOGURT
WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD	WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL
VEGETARIANO CON HUEVO

SEMANA DEL 1 AL 1 DE FEBRERO

DOMINGO 1

COMIDA

BRUNCH

PANES VARIADOS
UNTABLES VARIADOS
CEREALES
BOLLERÍA HORNEADA
BUFFET DE ENSALADA

HUEVOS REVUELTOS
CON PIMIENTOS
ARROZ CON SETAS

FRUTA VARIADA
LÁCTEOS

CENA

BUFFET DE ENSALADA
ENSALADA
MEDITERRANEA
HAMBURGUESA
VEGETAL
AROS DE CEBOLLA
FRUTA FRESCA-YOGUR
PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 2 AL 8 DE FEBRERO

LUNES 2	MARTES 3	MIÉRCOLES 4	JUEVES 5	VIERNES 6	SABADO 7	DOMINGO 8
COMIDA						
MACARRONES INTEGRALES CON SALSA DE TOMATE CASERA CROQUETAS DE ESPINACAS JUDÍAS VERDES SALTEADAS CON AJITO FRUTA FRESCA PAN INTEGRAL	CHAMPIÑONES SALTEADOS AL AJILLO GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA FRUTA FRESCA PAN BLANCO	ARROZ CON SALSA DE TOMATE CASERA HUEVOS AL PLATO ENSALADA DE LECHUGA, LOMBARDA Y PASAS YOGUR NATURAL PAN BLANCO	CREMA DE CALABAZA GARBANZOS CON PISTO DE VERDURITAS SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO	GUISANTES EN AMARILLO BROCOLI CON BECHAMEL GRATINADO ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS VERDURAS SALTEADAS FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA PATATAS CON VERDURAS CRUDITE DE VERDURAS FRUTA VARIADA LÁCTEOS
CENA						
BUFFET DE ENSALADA ENSALADA COLESLAW HUEVOS REVUELTOS ARROZ SALTEADO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR COL SALTEADA PURE DE PATATA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA DE PASTA TRICOLOR SANDWICH VEGETAL VERDURAS AL WOK FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL CREMA DE VERDURAS CALABACÍN A LA PLANCHAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA PATATAS ALIÑADAS TORTILLA FRANCESA CON QUESO VERDURAS SALTEADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADILLA DE PATATA TACOS DE VERDURAS NACHOS CON GUACAMOLE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPERA PIZZA VEGETAL MAIZ Y ZANAHORIA BABY SALTEADA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 9 AL 15 DE FEBRERO

LUNES 9	MARTES 10	MIÉRCOLES 11	JUEVES 12	VIERNES 13	SABADO 14	DOMINGO 15
COMIDA						
MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA	CREMA DE CALABAZA ASADA CON TOPPING DE HUEVO	ARROZ CON TOMATE	ESPINACAS CON BECHAMEL GRATINADAS	CREMA DE PUERROS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
TORTILLA FRANCESA	ALUBIAS CON ACELGAS	HAMBURGUESA VEGETAL	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO	HUEVOS BELLA AURORA		
COLIFLOR SALTEADA	PATATAS ASADAS	TOMATE ALIÑADO	ENSALADA MIXTA SIN ATÚN	ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA	PASTA CON TOMATE WOK DE VERDURAS	ARROZ CON TOMATE SALTEADO CAMPESTRE
FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA VARIADA LÁCTEOS	FRUTA VARIADA LÁCTEOS
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO		
CENA						
BUFFET DE ENSALADA ENSALADA DE LECHUGA CON APIO Y NUECES	BUFFET DE ENSALADA ENSALADA DE ARROZ CON HUEVO, ACEITUNAS Y MAÍZ	BUFFET DE ENSALADA ENSALADA MEDITERRANEA	BUFFET DE ENSALADA ENSALADA CAMPERA	BUFFET DE ENSALADA ENSALADA SANTURCE	BUFFET DE ENSALADA ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	BUFFET DE ENSALADA ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
CROQUETAS DE ESPINACAS	CREMA DE VERDURAS	SANDWICH VEGETAL	TORTILLA FRANCESA	SOPA DE VERDURAS	QUESADILLA VEGETAL	HAMBURGUESA VEGETAL
LOMBARDA SALTEADA CON MANZANA	SALTEADO DE VERDURAS	BERENJENA A LA PLANCHA	JUDÍAS VERDES SALTEADAS CON COMINO Y CÚRCUMA	TIRAS DE PIMIENTOS ASADOS	NACHOS CON QUESO	PATATAS FRITAS TEX-MEX
FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 16 AL 22 DE FEBRERO

LUNES 16	MARTES 17	MIÉRCOLES 18	JUEVES 19	VIERNES 20	SABADO 21	DOMINGO 22
			COMIDA			
CREMA DE VERDURAS MACARRONES INTEGRALES CON VERDURAS AL WOK ENSALADA DE COL YOGUR NATURAL PAN INTEGRAL	SOPA DE BONIATO, ESPINACAS Y COCO LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO	ARROZ CON TOMATE TORTILLA DE PATATAS CALABACIN ASADO FRUTA FRESCA PAN BLANCO	PATATAS CON VERDURAS CROQUETAS DE ESPINACAS ZANAHORIA BABY FRUTA FRESCA PAN BLANCO	CREMA DE CALABACIN TACO DE BOLOÑESA DE SOJA ENSALADA DE TOMATE FRUTA FRESCA PAN BLANCO	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA ARROZ GRATINADO VERDURAS EN TEMPURA FRUTA VARIADA LÁCTEOS	BRUNCH PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA HUEVOS REVUELTOS PATATAS CON VERDURAS FRUTA VARIADA LÁCTEOS
			CENA			
BUFFET DE ENSALADA ENSALADA ALEMANA DE PATATA SANDWICH VEGETAL CALABACIN A LA PLANCHA CON ACEITE DE TOMATE SECO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA TROPICAL SOPA MINISTRONE COLIFLOR SALTEADA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA NICOISE HAMBURGUESA VEGETAL PATATAS PANADERAS CON CEBOLLA AL HORNO FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CAMPERA CREMA DE VERDURAS LOMBARDA SALTEADA CON AJITOS Y PASAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA CESAR TORTILLA FRANCESA GRATINADA PIMIENTOS ROJOS A LA PLANCHA CON ALMENDRA Y JENGIBRE FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA MEDITERRANEA TACO DE VERDURAS PATATAS ASADAS FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	BUFFET DE ENSALADA ENSALADA MIXTA PIZZA VEGETAL AROS DE CEBOLLA FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL VEGETARIANO CON HUEVO

SEMANA DEL 23 AL 28 DE FEBRERO

LUNES 23	MARTES 24	MIERCOLES 25	JUEVES 26	VIERNES 27	SABADO 28
COMIDA					
CREMA DE VERDURAS Y HORTALIZAS	MACARRONES INTEGRALES CON CREMA SUAVE DE BECHAMEL	JUDIAS VERDES REHOGADAS	ARROZ TRES DELICIAS CON SALSA DE SOJA	BRUNCH	BRUNCH
TORTILLA FRANCESA	HAMBURGUESA VEGETAL	PISTO MANCHEGO CON HUEVO	FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI	PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA	PANES VARIADOS UNTABLES VARIADOS CEREALES BOLLERÍA HORNEADA BUFFET DE ENSALADA
COLIFLOR SALTEADA	ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAIZ	ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS	REPOLLO ESTILO KINCHI	REVUELTO DE QUESO VERDURAS SALTEADAS	PATATAS CON VERDURAS WOK DE VERDURAS
FRUTA FRESCA	YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	FRUTA VARIADA LÁCTEOS	FRUTA VARIADA LÁCTEOS
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO		
CENA					
BUFFET DE ENSALADA ENSALADA CESAR	BUFFET DE ENSALADA ENSALADA DE LACITOS	BUFFET DE ENSALADA ENSALADA CAPRESSE	BUFFET DE ENSALADA ENSALADA MEDITERRANEA	BUFFET DE ENSALADA PASTA SALTEADA	BUFFET DE ENSALADA ENSALADA CAMPERA
SANDWICH VEGETAL	CREMA DE VERDURAS	PATATAS REVUELTAS	CRUDITES DE VERDURAS	HUEVOS FRITOS	HAMBURGUESA VEGETAL
SALTEADO CAMPESTRE	BERENJENA A LA PLANCHA CON FRITADA DE AJO Y LIMÓN	MENESTRA SALTEADA CON AJO Y PIMENTON	MAIZ Y ZANAHORIA BABY SALTEADAS	ARROZ PILAF	PATATAS GAJO FRITAS
FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL	FRUTA FRESCA-YOGUR PAN BLANCO/INTEGRAL

MENÚ

YAGO SCHOOL
VEGETARIAN WITH EGG

WEEK 1 TO 1

SUNDAY 1

COMIDA

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

SCRAMBLED EGGS WITH
PEPPERS
RICE WITH
MUSHROOMS

FRESH FRUIT
YOGHURT

CENA

SALAD BAR
MEDITERRANEAN SALAD
VEGETABLE BURGER
ONION RINGS
FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 2 TO 8

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
			COMIDA			
WHOLE WHEAT MACARONI WITH HOMEMADE TOMATO SAUCE SPINACH CROQUETTES SAUTÉED GREEN BEANS WITH GARLIC FRESH FRUIT WHOLEMALE BREAD	SAUTÉED MUSHROOMS WITH GARLIC LENTIL STEW WITH CARROT, PEPPER, AND ONION LETTUCE, TOMATO, AND CARROT SALAD FRESH FRUIT FRESH BREAD	RICE WITH HOMEMADE TOMATO SAUCE BAKED EGGS (HUEVOS AL PLATO) LETTUCE, RED CABBAGE, AND RAISIN SALAD NATURAL YOGURT FRESH BREAD	PUMPKIN CREAM SOUP CHICKPEAS WITH VEGETABLE RATATOUILLE SAUTÉED VEGETABLES FRESH FRUIT FRESH BREAD	YELLOW PEAS (SPANISH STYLE) BROCCOLI WITH AU GRATIN BÉCHAMEL LETTUCE, CORN, AND OLIVE SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS SAUTEED VEGETABLES FRESH FRUIT YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR POTATOES WITH VEGETABLES VEGETABLES CRUDITES FRESH FRUIT YOGHURT
			CENA			
SALAD BAR COLESLAW SCRAMBLED EGGS SAUTÉED RICE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CAESAR SALAD SAUTÉED CABBAGE MASHED POTATOES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TRICOLOR PASTA SALAD VEGETABLE SANDWICH WOK VEGETABLES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TROPICAL SALAD VEGETABLE CREAM SOUP GRILLED ZUCCHINI FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR SEASONED POTATOES FRENCH OMELET WITH CHEESE SAUTÉED VEGETABLES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR POTATO SALAD (ENSALADILLA) VEGETABLE TACOS NACHOS WITH GUACAMOLE FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY-STYLE SALAD (CAMPERA) VEGETABLE PIZZA SAUTÉED CORN AND BABY CARROTS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 9 TO 15

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
			COMIDA			
WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE	ROASTED PUMPKIN CREAM WITH EGG TOPPING	RICE WITH TOMATO SAUCE	SAUTÉED SPINACH WITH AU GRATIN BÉCHAMEL	CREAM OF LEEK SOUP	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR
FRENCH OMELET	WHITE BEANS WITH SWISS CHARD	VEGETABLE BURGER	LENTILS WITH CARROTS AND HOMEMADE PEPPER SAUCE	EGGS "BELLA AURORA"		
SAUTÉED CAULIFLOWER	ROASTED POTATOES	SEASONED TOMATO	MIXED SALAD (NO TUNA)	LETTUCE, CARROT, AND BEETROOT SALAD	PASTA WITH TOMATO VEGETABLE WOK	RICE WITH TOMATO COUNTRY-STYLE SAUTEED VEGETABLES
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	NATURAL YOGURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT YOGHURT	
WHOLEMALE BREAD	FRESH BREAD	FRESH BREAD	FRESH BREAD	FRESH BREAD		FRESH FRUIT YOGHURT
			CENA			
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
LETTUCE SALAD WITH CELERY AND WALNUTS	RICE SALAD WITH EGG, OLIVES, AND CORN	MEDITERRANEAN SALAD	COUNTRY-STYLE SALAD (CAMPERA)	SANTURCE-STYLE SALAD	BEAN SALAD WITH COUSCOUS AND PEPPERMINT	QUINOA SALAD WITH FRESH CHEESE AND RADISHES
SPINACH CROQUETTES	VEGETABLE CREAM SOUP	VEGETABLE SANDWICH	FRENCH OMELET	VEGETABLE SOUP	VEGETABLE QUESADILLA	VEGETABLE BURGER
SAUTÉED RED CABBAGE WITH APPLE	SAUTÉED VEGETABLES	GRILLED EGGPLANT	SAUTÉED GREEN BEANS WITH CUMIN AND TURMERIC	ROASTED PEPPER STRIPS	NACHOS WITH CHEESE	TEX-MEX FRENCH FRIES
FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 16 TO 22

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
			COMIDA			
VEGETABLE CREAM SOUP WHOLE WHEAT MACARONI WITH WOK VEGETABLES COLESLAW NATURAL YOGURT WHOLEMALE BREAD	SWEET POTATO, SPINACH, AND COCONUT SOUP LENTILS WITH CARROTS AND HOMEMADE PEPPER SAUCE LETTUCE, CORN, AND CARROT SALAD FRESH FRUIT FRESH BREAD	RICE WITH TOMATO SAUCE SPANISH POTATO OMELET ROASTED ZUCCHINI FRESH FRUIT FRESH BREAD	POTATOES WITH VEGETABLES SPINACH CROQUETTES BABY CARROTS FRESH FRUIT FRESH BREAD	CREAM OF ZUCCHINI SOUP SOY BOLOGNESE TACO TOMATO SALAD FRESH FRUIT FRESH BREAD	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR RICE AU GRATIN VEGETABLE TEMPURA FRESH FRUIT YOGHURT	BRUNCH ASSORTED BREADS ASSORTED SPREADS CEREALS BAKED GOODS SALAD BAR SCRAMBLED EGGS POTATOES WITH VEGETABLES FRESH FRUIT YOGHURT
			CENA			
SALAD BAR GERMAN POTATO SALAD VEGETABLE SANDWICH GRILLED ZUCCHINI WITH SUN-DRIED TOMATO OIL FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR TROPICAL SALAD MINESTRONE SOUP SAUTÉED CAULIFLOWER FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR NICOISE SALAD VEGETABLE BURGER BAKED SLICED POTATOES WITH ONION FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR COUNTRY-STYLE SALAD (CAMPERA) VEGETABLE CREAM SOUP SAUTÉED RED CABBAGE WITH GARLIC AND RAISINS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR CAESAR SALAD FRENCH OMELET AU GRATIN GRILLED RED PEPPERS WITH ALMOND AND GINGER FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MEDITERRANEAN SALAD VEGETABLE TACO ROASTED POTATOES FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD	SALAD BAR MIXED SALAD VEGETABLE PIZZA ONION RINGS FRESH FRUIT-YOGURT WHOLEMALE BREAD/FRESH BREAD

MENÚ

YAGO SCHOOL VEGETARIAN WITH EGG

WEEK 23 TO 28

MONDAY 23

TUESDAY 24

WEDNESDAY 25

THURSDAY 26

FRIDAY 27

SATURDAY 28

COMIDA

VEGETABLE AND GREENS
CREAM SOUP

FRENCH OMELET

SAUTÉED CAULIFLOWER

FRESH FRUIT

WHOLEMALE BREAD

WHOLE WHEAT
MACARONI WITH MILD
BÉCHAMEL SAUCE

VEGETABLE BURGER

LETTUCE, SHREDDED
BEETROOT, AND CORN
SALAD

NATURAL YOGURT WITH
TOPPING
FRESH BREAD

SAUTÉED GREEN BEANS

"PISTO MANCHEGO"
(VEGETABLE STEW)
WITH EGG

LETTUCE, CORN, AND
OLIVE SALAD

FRESH FRUIT

FRESH BREAD

"THREE DELIGHTS" RICE
WITH SOY SAUCE

FAJITA WITH SAUTÉED
SOY, SPRING ONION,
AND TERIYAKI SAUCE

KIMCHI-STYLE CABBAGE

FRESH FRUIT

FRESH BREAD

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

CHEESE SCRAMBLE
SAUTÉED VEGETABLES

FRESH FRUIT
YOGHURT

BRUNCH

ASSORTED BREADS
ASSORTED SPREADS
CEREALS
BAKED GOODS
SALAD BAR

POTATOES WITH
VEGETABLES
VEGETABLE WOK

FRESH FRUIT
YOGHURT

CENA

SALAD BAR

CAESAR SALAD

VEGETABLE SANDWICH

COUNTRY-STYLE
SAUTÉED VEGETABLES

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

BOW-TIE PASTA SALAD

VEGETABLE CREAM
SOUP

GRILLED EGGPLANT
WITH GARLIC AND
LEMON

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

CAPRESE SALAD

SCRAMBLED POTATOES

SAUTÉED MIXED
VEGETABLES WITH
GARLIC AND PAPRIKA

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

MEDITERRANEAN SALAD

VEGETABLE CRUDITÉS

SAUTÉED CORN AND
BABY CARROTS

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

SAUTÉED PASTA

FRIED EGGS

PILAF RICE

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD

SALAD BAR

COUNTRY-STYLE SALAD
(CAMPERA)

VEGETABLE BURGER

FRIED POTATO WEDGES

FRESH FRUIT-YOGURT
WHOLEMALE
BREAD/FRESH BREAD