



MENÚ

FEBRERO 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

MACARRONES CON SALSA DE TOMATE CASERA

MERLUZA AL HORNO

JUDÍAS VERDES SALTEADAS CON AJITO

FRUTA FRESCA

PAN INTEGRAL

534,1 Kcal 24,76 Prot. 11,76 Lip. 77,18 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

04

ARROZ CON SALSA DE TOMATE CASERA

TORTILLA FRANCESA

ENSALADA DE LECHUGA, LOMBARDA Y PASAS

YOGUR NATURAL

PAN BLANCO

633 Kcal 25,59 Prot. 19,58 Lip. 91,93 HC

05

CREMA DE CALABAZA

GALLO EN SALSA VERDE

SALTEADO DE VERDURAS

FRUTA FRESCA

PAN BLANCO

487,04 Kcal 22,49 Prot. 14,13 Lip. 62,44 HC

06

GUISANTES EN AMARILLO CON JAMÓN
YORK

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

09

MACARRONES SALTEADOS

BACALAO A LA BILBAINA

COLIFLOR SALTEADA

FRUTA FRESCA

PAN INTEGRAL

571,59 Kcal 29,39 Prot. 12,77 Lip. 79,18 HC

10

ALUBIAS CON ACELGAS

POLLO AL LIMÓN

PATATAS ASADAS

FRUTA FRESCA

PAN BLANCO

671,17 Kcal 35,35 Prot. 20,19 Lip. 79,22 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

12

LENTEJAS CON ZANAHORIA Y SOFRITO DE
PIMIENTOS CASERO

CINTA DE LOMO AL HORNO

ENSALADA MIXA

YOGUR NATURAL CON TOPPING

PAN BLANCO

575,42 Kcal 37,04 Prot. 26,15 Lip. 40,75 HC

13

CREMA DE PUERROS

REVUELTO DE QUESO

ENSALADA DE LECHUGA, ZANAHORIA Y
REMOLACHA

FRUTA FRESCA

PAN BLANCO

633,1 Kcal 28,57 Prot. 28,83 Lip. 60,2 HC

16

MACARRONES 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

17

LENTEJAS CON ZANAHORIA Y SOFRITO DE
PIMIENTOS CASERO

CINTA DE LOMO CON AJO Y PEREJIL

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

596,26 Kcal 35,07 Prot. 18,76 Lip. 66,8 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

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

20

CREMA DE CALABACIN

MERLUZA AL AJILLO

ENSALADA DE TOMATE

FRUTA FRESCA

PAN BLANCO

397,83 Kcal 19,26 Prot. 10,89 Lip. 52,71 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

24

MACARRONES 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

25

PISTO MANCHEGO CON HUEVO

POLLO ASADO EN SALSA

ENSALADA DE LECHUGA, MAIZ Y

ACEITUNAS

FRUTA FRESCA

PAN BLANCO

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

26

ARROZ TRES DELICIAS CON SALSA DE SOJA

GALLO EN SALSA DE TOMATE CASERA

REPOLLO ESTILO KINCHI

FRUTA FRESCA

PAN BLANCO

630,5 Kcal 27,15 Prot. 17,16 Lip. 89,46 HC

27

NO LECTIVO



MENÚ

FEBRUARY 2026

YAGO SCHOOL NURSERY

LUNES

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VIERNES

02

MACARONI WITH HOMEMADE TOMATO SAUCE
BAKED HAKE
SAUTÉED GREEN BEANS WITH GARLIC
FRESH FRUIT
WHOLEMALE BREAD
534,1 Kcal 24,76 Prot. 11,76 Lip. 77,18 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
FRENCH OMELET
LETTUCE, RED CABBAGE AND RAISIN SALAD
YOGURT
FRESH BREAD
633 Kcal 25,59 Prot. 19,58 Lip. 91,93 HC

05

PUMPKIN CREAM SOUP
FISH IN GREEN SAUCE
SAUTÉED VEGETABLES
FRESH FRUIT
FRESH BREAD
487,04 Kcal 22,49 Prot. 14,13 Lip. 62,44 HC

06

PEAS IN YELLOW SAUCE WITH YORK
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

SAUTEED MACARONI
BILBAO STYLE COD
SAUTÉED CAULIFLOWER
FRESH FRUIT
WHOLEMALE BREAD
571,59 Kcal 29,39 Prot. 12,77 Lip. 79,18 HC

10

BEANS WITH CHARD
LEMON CHICKEN
ROASTED POTATOES
FRESH FRUIT
FRESH BREAD
671,17 Kcal 35,35 Prot. 20,19 Lip. 79,22 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
BAKED PORK LOIN
MIXED SALAD
NATURAL YOGURT WITH TOPPING
FRESH BREAD
575,42 Kcal 37,04 Prot. 26,15 Lip. 40,75 HC

13

LEEK CREAM SOUP
SCRAMBLED EGGS WITH CHEESE
LETTUCE, CARROT AND BEETROOT SALAD
FRESH FRUIT
FRESH BREAD
633,1 Kcal 28,57 Prot. 28,83 Lip. 60,2 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 GARLIC AND PARSLEY
LETTUCE, CORN AND CARROT SALAD
FRESH FRUIT
FRESH BREAD
596,26 Kcal 35,07 Prot. 18,76 Lip. 66,8 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
GARLIC HAKE
TOMATO SALAD
FRESH FRUIT
FRESH BREAD
397,83 Kcal 19,26 Prot. 10,89 Lip. 52,71 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

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 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
FISH IN HOMEMADE TOMATO SAUCE
KIMCHI STYLE CABBAGE
FRESH FRUIT
FRESH BREAD
630,5 Kcal 27,15 Prot. 17,16 Lip. 89,46 HC

27

NO LECTIVO



MENÚ

YAGO SCHOOL FEB 26

TRITURADO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02
VEGETABLES AND FISH PURÉE
**TRITURADO DE VERDURAS Y
PESCADO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,14 Lip.10,78 Kcal.483,2

03
VEGETABLES AND CHICKEN PURÉE
**TRITURADO DE VERDURAS Y
POLLO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.21,59 Lip.13,64 Kcal.502,43

04
VEGETABLES AND TURKEY PURÉE
**TRITURADO DE VERDURAS Y
PAVO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,78 Lip.14,7 Kcal.520,72

05
VEGETABLES AND PULSE PURÉE
**TRITURADO DE VERDURAS Y
LEGUMBRES**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.81,45 Prot.20,31 Lip.10,58 Kcal.519,2

06
VEGETABLES AND BEEF PURÉE
**TRITURADO DE VERDURAS Y
TERNERA**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.22,61 Lip.20,58 Kcal.569,2

09
VEGETABLES AND TURKEY PURÉE
**TRITURADO DE VERDURAS Y
PAVO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,78 Lip.14,7 Kcal.520,72

10
VEGETABLES AND CHICKEN PURÉE
**TRITURADO DE VERDURAS Y
POLLO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.21,59 Lip.13,64 Kcal.502,43

11
VEGETABLES AND FISH PURÉE
**TRITURADO DE VERDURAS Y
PESCADO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,14 Lip.10,78 Kcal.483,2

12
VEGETABLES AND PULSE PURÉE
**TRITURADO DE VERDURAS Y
LEGUMBRES**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.81,45 Prot.20,31 Lip.10,58 Kcal.519,2

13
VEGETABLES AND BEEF PURÉE
**TRITURADO DE VERDURAS Y
TERNERA**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.22,61 Lip.20,58 Kcal.569,2

16
VEGETABLES AND TURKEY PURÉE
**TRITURADO DE VERDURAS Y
PAVO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,78 Lip.14,7 Kcal.520,72

17
VEGETABLES AND BEEF PURÉE
**TRITURADO DE VERDURAS Y
TERNERA**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.22,61 Lip.20,58 Kcal.569,2

18
VEGETABLES AND PULSE PURÉE
**TRITURADO DE VERDURAS Y
LEGUMBRES**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.81,45 Prot.20,31 Lip.10,58 Kcal.519,2

19
VEGETABLES AND CHICKEN PURÉE
**TRITURADO DE VERDURAS Y
POLLO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.21,59 Lip.13,64 Kcal.502,43

20
VEGETABLES AND FISH PURÉE
**TRITURADO DE VERDURAS Y
PESCADO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,14 Lip.10,78 Kcal.483,2

23
VEGETABLES AND PULSE PURÉE
**TRITURADO DE VERDURAS Y
LEGUMBRES**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.81,45 Prot.20,31 Lip.10,58 Kcal.519,2

24
VEGETABLES AND TURKEY PURÉE
**TRITURADO DE VERDURAS Y
PAVO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,78 Lip.14,7 Kcal.520,72

25
VEGETABLES AND CHICKEN PURÉE
**TRITURADO DE VERDURAS Y
POLLO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.21,59 Lip.13,64 Kcal.502,43

26
VEGETABLES AND FISH PURÉE
**TRITURADO DE VERDURAS Y
PESCADO**
YOGHURT
YOGUR
Fresh bread / **Pan**
Hid.70,45 Prot.23,14 Lip.10,78 Kcal.483,2

27
NO LECTIVO
NO SCHOOL DAY