



MENÚ

MARZO 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

MACARRONES INTEGRALES EN SALSA DE TOMATE CASERA
GALLO SAN PEDRO A LA SICILIANA
CALABAZA ASADA
FRUTA FRESCA
PAN INTEGRAL
 553,63 Kcal 25,09 Prot. 14,46 Lip. 74,5 HC

09

MACARRONES INTEGRALES NAPOLITANA
REVUELTO DE QUESO
PANACHE DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL
 720,86 Kcal 33,27 Prot. 30,14 Lip. 73,32 HC

16

WOK DE PASTA INTEGRAL CON VERDURAS Y BACON
DORADO AL HORNO CON CEBOLLA CARAMIELIZADA
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL
 605,94 Kcal 23,48 Prot. 13,34 Lip. 91,81 HC

23

MACARRONES INTEGRALES A LA CARBONARA DE SOJA
SALMÓN CON SALSA DE SOJA
ENSALDA DE LECHUGA, ZANAHORIA Y REMOLACHA
FRUTA FRESCA
PAN INTEGRAL
 795,11 Kcal 32,89 Prot. 30,28 Lip. 91,7 HC

03

GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA
RAGOUT DE MAGRO AL ESTILO TRADICIONAL
ENSALADA DE JUDIAS VERDES, ZANAHORIA Y MAIZ
FRUTA FRESCA
PAN BLANCO
 629,89 Kcal 35,87 Prot. 18,54 Lip. 73,09 HC

10

ALUBIAS PINTAS GUJISADAS CON SOFRITO CASERO
HAMBURGUESA CON QUESO
ENSALADA DE LECHUGA, LOMBARDA Y PASAS
FRUTA FRESCA
PAN BLANCO
 739,87 Kcal 30,47 Prot. 26,35 Lip. 69,24 HC

17

LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO
TORTILLA FRANCESA
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO
 524,13 Kcal 25,76 Prot. 15,64 Lip. 69,73 HC

24

SOPA CASERA DE AVE CON GARBANZOS
ALBONDIGAS EN SALSA ESPAÑOLA
ENSLADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS
YOGUR NATURAL CON TOPPING
PAN BLANCO
 655,96 Kcal 33,38 Prot. 20,76 Lip. 78,93 HC

04

CONSOME DE AVE
POLLO AL CHILINDRON
PATATAS ASADAS AL TOMILLO LIMON
YOGUR
PAN BLANCO
 667,04 Kcal 40,85 Prot. 27,56 Lip. 61,32 HC

11

ARROZ TRES DELICIAS
ESCALOPE DE POLLO EMPANADO
PATATAS ALIÑADAS CON OLIVA Y OREGANO
FRUTA FRESCA
PAN BLANCO
 914,15 Kcal 40,42 Prot. 33,84 Lip. 108,92 HC

18

ARROZ CON SALSA DE TOMATE CASERA
FILETE DE POLLO AL AJILLO
PATATA PANADERA AL HORNO
FRUTA FRESCA
PAN BLANCO
 703,7 Kcal 30,45 Prot. 19,98 Lip. 97,54 HC

25

POTAJE DE ALUBIAS BLANCAS CON CALABACIN, JUDIAS VERDES, ZANAHORIA Y PIMIENTOS
POLLO EN SALSA ESPAÑOLA
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO
 735,97 Kcal 40,59 Prot. 22,35 Lip. 81,73 HC

05

CREMA DE VERDURAS
ENSALADA DE ALUBIAS BLANCAS CON VINAGRETA DE VERDURAS
ENSALADA DE MAR
FRUTA FRESCA
PAN BLANCO
 460,93 Kcal 16,08 Prot. 10,52 Lip. 71,03 HC

12

ENSALADA DE PATATAS CON POLLO Y MANZANA
GARBANZOS SALTEADOS CON VERDURAS Y PASAS
PICO DE GALLO
YOGUR NATURAL CON TOPPING
PAN BLANCO
 669,35 Kcal 28,79 Prot. 18,59 Lip. 89,8 HC

19

SOPA CASERA DE AVE CON PICADILLO DE YORK Y HUEVO COCIDO
PAVO EN SALSA DE CIRUELAS
ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO
FRUTA FRESCA
PAN BLANCO
 617,58 Kcal 44,28 Prot. 15,41 Lip. 71,46 HC

26

ENSALADA DE ARROZ TROPICAL
REVUELTO DE PATATAS Y QUESO MOZARELLA
CALABACÍN REBOZADO
FRUTA FRESCA
PAN BLANCO
 1043,43 Kcal 31,69 Prot. 57,64 Lip. 96,45 HC

06

ARROZ CON CURRY Y PASAS
TORTILLA DE PATATAS
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO
 692,94 Kcal 19,8 Prot. 21,28 Lip. 100,66 HC

13

CREMA DE BONIATO, CALABAZA Y PUERRO
BACALAO A LA RIOJANA
ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS
FRUTA FRESCA
PAN BLANCO
 514,7 Kcal 21,14 Prot. 11,52 Lip. 75,91 HC

20

COLIFLOR CON BECHAMEL GRATINADA
GARBANZOS SALTEADOS A LA MILANESA
ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
YOGUR
PAN BLANCO
 745,63 Kcal 34,84 Prot. 23,08 Lip. 91,77 HC

27

CREMA DE CALABACIN Y PUERRO
GARBANZOS CON PATATAS Y SOFRITO DE VERDURAS
CHAMPIÑONES SALETADOS CON AJO Y PEREJIL
FRUTA FRESCA
PAN BLANCO
 557,6 Kcal 18 Prot. 11,47 Lip. 87,13 HC



MENÚ

MARCH 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

WHOLE WHEAT MACARONI IN HOMEMADE TOMATO SAUCE

SICILIAN-STYLE MEGRIM

**LETTUCE, CORN, AND OLIVE SALAD
FRESH FRUIT**

WHOLEMALE BREAD

553,63 Kcal 25,09 Prot. 14,46 Lip. 74,5 HC

09

WHOLEMEAL MACARONI NAPOLITANA

SCRAMBLED EGGS WITH CHEESE

VEGETABLE PANACHE

FRESH FRUIT

WHOLEMALE BREAD

720,86 Kcal 33,27 Prot. 30,14 Lip. 73,32 HC

16

WHOLEMEAL PASTA WOK WITH VEGETABLES AND BACON

BAKED GILTHEAD BREAM WITH CARAMELIZED ONION

VEGETABLE STIR-FRY

FRESH FRUIT

WHOLEMALE BREAD

605,94 Kcal 23,48 Prot. 13,34 Lip. 91,81 HC

23

WHOLE WHEAT MACARONI WITH SOY CARBONARA

SALMON WITH SOY SAUCE

LETTUCE, CARROT, AND BEETROOT SALAD

FRESH FRUIT

WHOLEMALE BREAD

795,11 Kcal 32,89 Prot. 30,28 Lip. 91,7 HC

03

LENTIL STEW WITH CARROT, PEPPER, AND ONION

TRADITIONAL LEAN PORK RAGOUT

SEASONED TOMATO

FRESH FRUIT

FRESH BREAD

629,89 Kcal 35,87 Prot. 18,54 Lip. 73,09 HC

10

STEWED PINTO BEANS WITH HOMEMADE SAUCE

CHEESEBURGER

LETTUCE, RED CABBAGE AND RAISIN SALAD

FRESH FRUIT

FRESH BREAD

739,87 Kcal 30,47 Prot. 26,35 Lip. 69,24 HC

17

LENTILS WITH CARROT AND HOMEMADE PEPPER SAUCE

FRENCH OMELETTE

SEASONED TOMATO

FRESH FRUIT

FRESH BREAD

524,13 Kcal 25,76 Prot. 15,64 Lip. 69,73 HC

24

HOMEMADE POULTRY SOUP WITH CHICKPEAS

MEATBALLS IN "ESPAÑOLA" SAUCE

TOMATO, CUCUMBER, AND BLACK OLIVE SALAD

NATURAL YOGURT WITH TOPPING

FRESH BREAD

655,96 Kcal 33,38 Prot. 20,76 Lip. 78,93 HC

04

POULTRY CONSOMMÉ

CHICKEN "CHILINDRÓN" STYLE

LETTUCE, RED CABBAGE, AND RAISIN SALAD

YOGURT

FRESH BREAD

667,04 Kcal 40,85 Prot. 27,56 Lip. 61,32 HC

11

THREE DELIGHTS RICE

BREADED CHICKEN CUTLET

POTATOES SEASONED WITH OLIVE OIL AND OREGANO

FRESH FRUIT

FRESH BREAD

914,15 Kcal 40,42 Prot. 33,84 Lip. 108,92 HC

18

RICE WITH HOMEMADE TOMATO SAUCE

GARLIC CHICKEN FILLET

BAKED SLICED POTATOES

FRESH FRUIT

FRESH BREAD

703,7 Kcal 30,45 Prot. 19,98 Lip. 97,54 HC

25

WHITE BEAN STEW WITH ZUCCHINI, GREEN BEANS, CARROTS, AND PEPPERS

CHICKEN IN "ESPAÑOLA" SAUCE

MIXED SALAD

FRESH FRUIT

FRESH BREAD

735,97 Kcal 40,59 Prot. 22,35 Lip. 81,73 HC

05

VEGETABLE CREAM SOUP

WHITE BEAN SALAD WITH VEGETABLE

VINAIGRETTE

MIXED SALAD

FRESH FRUIT

FRESH BREAD

460,93 Kcal 16,08 Prot. 10,52 Lip. 71,03 HC

12

POTATO SALAD WITH CHICKEN AND APPLE

SAUTÉED CHICKPEAS WITH VEGETABLES AND RAISINS

PICO DE GALLO

NATURAL YOGURT WITH TOPPING

FRESH BREAD

669,35 Kcal 28,79 Prot. 18,59 Lip. 89,8 HC

19

HOMEMADE CHICKEN SOUP WITH MINCED HAM AND BOILED EGG

TURKEY IN PLUM SAUCE

LETTUCE, TOMATO AND FRESH CHEESE SALAD

FRESH FRUIT

FRESH BREAD

617,58 Kcal 44,28 Prot. 15,41 Lip. 71,46 HC

26

TROPICAL RICE SALAD

SCRAMBLED POTATOES AND MOZZARELLA CHEESE

BATTERED ZUCCHINI

FRESH FRUIT

FRESH BREAD

1043,43 Kcal 31,69 Prot. 57,64 Lip. 96,45 HC

06

RICE WITH CURRY AND RAISINS

SPANISH POTATO OMELET

SAUTÉED CAULIFLOWER

FRESH FRUIT

FRESH BREAD

692,94 Kcal 19,8 Prot. 21,28 Lip. 100,66 HC

13

SWEET POTATO, PUMPKIN AND LEEK CREAM

RIOJAN STYLE COD

LETTUCE, CORN AND OLIVE SALAD

FRESH FRUIT

FRESH BREAD

514,7 Kcal 21,14 Prot. 11,52 Lip. 75,91 HC

20

CAULIFLOWER WITH AU GRATIN BECHAMEL

MILANESE STYLE SAUTÉED CHICKPEAS

LETTUCE, CORN AND CARROT SALAD

YOGURT

FRESH BREAD

745,63 Kcal 34,84 Prot. 23,08 Lip. 91,77 HC

27

ZUCCHINI AND LEEK CREAM SOUP

CHICKPEAS WITH POTATOES AND VEGETABLE SAUCE

SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY

FRESH FRUIT

FRESH BREAD

557,6 Kcal 18 Prot. 11,47 Lip. 87,13 HC