



MENÚ

MARZO 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

MACARRONES EN SALSA DE TOMATE CASERA

GALLO AL HORNO

CALABAZA ASADA

FRUTA FRESCA

PAN INTEGRAL

505,81 Kcal 24,12 Prot. 11,36 Lip. 70,5 HC

09

MACARRONES NAPOLITANA

REVUELTO DE QUESO

PANACHE DE VERDURAS

FRUTA FRESCA

PAN INTEGRAL

734,03 Kcal 32,75 Prot. 29,61 Lip. 79,77 HC

16

PASTA SALTEADA CON YORK

DORADO AL HORNO

SALTEADO DE VERDURAS

FRUTA FRESCA

PAN INTEGRAL

606,14 Kcal 24,65 Prot. 13,97 Lip. 90,45 HC

23

PASTA EN SALSA DE TOMATE

SALMÓN CON SALSA DE SOJA

ENSALDA DE LECHUGA, ZANAHORIA Y

REMOLACHA

FRUTA FRESCA

PAN INTEGRAL

657,03 Kcal 26,68 Prot. 20,25 Lip. 84,25 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 BLANCAS GUIJADAS CON SOFRITO
CASERO

LOMO AL HORNO

ENSALADA DE LECHUGA, LOMBARDA Y
PASAS

FRUTA FRESCA

PAN BLANCO

600,82 Kcal 33,51 Prot. 18,65 Lip. 66,83 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

LOMO AL HORNO

ENSLADA DE TOMATE, PEPINO Y ACEITUNAS
NEGRAS

YOGUR NATURAL CON TOPPING

PAN BLANCO

592,88 Kcal 33,9 Prot. 19,24 Lip. 67,43 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

POLLO AL LIMÓN

PATATAS ALIÑADAS CON OLIVA Y
OREGANO

FRUTA FRESCA

PAN BLANCO

824,29 Kcal 36,68 Prot. 28,9 Lip. 100,45 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

MERLUZA EN SALSA VERDE

ENSALADA DE MAR

FRUTA FRESCA

PAN BLANCO

460,02 Kcal 24,85 Prot. 11,43 Lip. 60,97 HC

12

PATATAS GUISADAS

TORTILLA FRANCESA

PICO DE GALLO

YOGUR NATURAL CON TOPPING

PAN BLANCO

518,99 Kcal 23,29 Prot. 17,69 Lip. 67,58 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

ARROZ CON POLLO

REVUELTO DE PATATAS Y QUESO
MOZARELLA

CALABACÍN AL HORNO

FRUTA FRESCA

PAN BLANCO

758,51 Kcal 33,27 Prot. 30,19 Lip. 86,17 HC

06

ARROZ CON VERDURAS

TORTILLA DE PATATAS

ENSALADA MIXTA

FRUTA FRESCA

PAN BLANCO

661,18 Kcal 15,93 Prot. 19,03 Lip. 101,74 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

GARBANZOS GUISADOS CON VERDURAS

MERLUZA AL HORNO

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

YOGUR

PAN BLANCO

619,31 Kcal 31,47 Prot. 16,99 Lip. 79,79 HC

27

CREMA DE CALABACIN Y PUERRO

GALLO A LA ROTEÑA

CHAMPIÑONES SALETADOS CON AJO Y
PEREJIL

FRUTA FRESCA

PAN BLANCO

440,07 Kcal 19,81 Prot. 10,24 Lip. 61,09 HC



MENÚ

MARCH 2026

YAGO SCHOOL NURSERY

LUNES

02

MACARONI IN HOMEMADE TOMATO SAUCE
 BAKED MEGRIM
 LETTUCE, CORN, AND OLIVE SALAD
 FRESH FRUIT
 WHOLEMALE BREAD
 505,81 Kcal 24,12 Prot. 11,36 Lip. 70,5 HC

MARTES

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

MIÉRCOLES

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

JUEVES

05

VEGETABLE CREAM SOUP
 HAKE IN GREEN SAUCE
 MIXED SALAD
 FRESH FRUIT
 FRESH BREAD
 460,02 Kcal 24,85 Prot. 11,43 Lip. 60,97 HC

VIERNES

06

RICE WITH VEGETABLES
 SPANISH POTATO OMELET
 SAUTÉED CAULIFLOWER
 FRESH FRUIT
 FRESH BREAD
 661,18 Kcal 15,93 Prot. 19,03 Lip. 101,74 HC

09

MACARONI NAPOLITANA
 SCRAMBLED EGGS WITH CHEESE
 VEGETABLE PANACHE
 FRESH FRUIT
 WHOLEMALE BREAD
 734,03 Kcal 32,75 Prot. 29,61 Lip. 79,77 HC

10

WHITE BEAN STEW WITH HOMEMADE SAUTE BAKED PORK LOIN
 LETTUCE, RED CABBAGE AND RAISIN SALAD
 FRESH FRUIT
 FRESH BREAD
 600,82 Kcal 33,51 Prot. 18,65 Lip. 66,83 HC

11

THREE DELIGHTS RICE
 LEMON CHICKEN
 POTATOES SEASONED WITH OLIVE OIL AND OREGANO
 FRESH FRUIT
 FRESH BREAD
 824,29 Kcal 36,68 Prot. 28,9 Lip. 100,45 HC

12

STEWED POTATOES
 FRENCH OMELETTE
 PICO DE GALLO
 NATURAL YOGURT WITH TOPPING
 FRESH BREAD
 518,99 Kcal 23,29 Prot. 17,69 Lip. 67,58 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

16

SAUTEED PASTA WITH YORK
 BAKED FISH
 VEGETABLE STIR-FRY
 FRESH FRUIT
 WHOLEMALE BREAD
 606,14 Kcal 24,65 Prot. 13,97 Lip. 90,45 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

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

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

20

STEWED CHICKPEAS WITH VEGETABLES
 BAKED HAKE
 LETTUCE, CORN AND CARROT SALAD
 YOGURT
 FRESH BREAD
 619,31 Kcal 31,47 Prot. 16,99 Lip. 79,79 HC

23

PASTA IN TOMATE SAUCE
 SALMON WITH SOY SAUCE
 LETTUCE, CARROT, AND BEETROOT SALAD
 FRESH FRUIT
 WHOLEMALE BREAD
 657,03 Kcal 26,68 Prot. 20,25 Lip. 84,25 HC

24

HOMEMADE POULTRY SOUP WITH CHICKPEAS
 BAKED PORK LOIN
 TOMATO, CUCUMBER, AND BLACK OLIVE SALAD
 NATURAL YOGURT WITH TOPPING
 FRESH BREAD
 592,88 Kcal 33,9 Prot. 19,24 Lip. 67,43 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

26

CHICKEN RICE
 SCRAMBLED POTATOES AND MOZZARELLA CHEESE
 BAKED ZUCCHINI
 FRESH FRUIT
 FRESH BREAD
 758,51 Kcal 33,27 Prot. 30,19 Lip. 86,17 HC

27

ZUCCHINI AND LEEK CREAM SOUP
 MEGRIM IN SAUCE
 SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY
 FRESH FRUIT
 FRESH BREAD
 440,07 Kcal 19,81 Prot. 10,24 Lip. 61,09 HC