



MENÚ

MAYO 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

04

MACARRONES INTEGRALES AL PESTO
REVUETO DE QUESO SALTEADO
PANACHE DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 709,544 Prot (g): 32,736 Lip (g): 29,851 HC (g): 71,708

11

MACARRONES INTEGRALES CON PESTO DE
ESPINACAS Y TOMATE SECO
DORADO AL HORNO CON CEBOLLA
CAMELIZADA
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 755,303 Prot (g): 28,099 Lip (g): 25,627 HC (g): 99,5

18

MACARRONES INTEGRALES A LA CARBONARA
DE SOJA
SALMÓN CON SALSAS DE SOJA
ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA
FRUTA FRESCA
PAN INTEGRAL

Kcal: 763,072 Prot (g): 35,882 Lip (g): 32,083 HC (g): 79,373

25

MACARRONES INTEGRALES EN SALSAS DE
TOMATE CASERA
MERLUZA CON VINAGRETA DE VINO BLANCO
JUDIAS VERDES SALTEADAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 539,35 Prot (g): 23,911 Lip (g): 13,548 HC (g): 75,671

05

LENTEJAS ESTOFADAS CON CALABAZA
HAMBURGUESA CON SALSAS DE MOSTAZA
ANTIGUA
ENSALADA DE LECHUGA, LOMBARDA Y PASAS
FRUTA FRESCA
PAN BLANCO

Kcal: 608,569 Prot (g): 36,169 Lip (g): 22,203 HC (g): 59,249

12

LENTEJAS CON ZANAHORIA Y SOFRITO DE
PIMIENTOS CASERO
TORTILLA FRANCESA
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO

Kcal: 489,399 Prot (g): 25,112 Lip (g): 15,619 HC (g): 61,655

19

SOPA CASERA DE AVE CON GARBANZOS
ALBONDIGAS EN SALSAS ESPAÑOLA
ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS
YOGUR NATURAL CON TOPPING
PAN BLANCO

Kcal: 671,196 Prot (g): 26,343 Lip (g): 27,254 HC (g): 74,139

26

GUISO DE LENTEJAS CON ZANAHORIA,
PIMIENTO Y CEBOLLA
FILETE DE POLLO AL LIMON
ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA
FRUTA FRESCA
PAN BLANCO

Kcal: 577,173 Prot (g): 32,811 Lip (g): 19,226 HC (g): 62,373

06

PAELLA MIXTA
ESCALOPE DE POLLO EMPANADO FRITO
PATATAS ALIÑADAS CON OLIVA Y OREGANO
FRUTA FRESCA
PAN BLANCO

Kcal: 770,449 Prot (g): 33,547 Lip (g): 24,795 HC (g): 100,233

13

GAZPACHO CASERO
FILETE DE POLLO AL AJILLO
PATATA PANADERA AL HORNO
FRUTA FRESCA
PAN BLANCO

Kcal: 557,837 Prot (g): 25,11 Lip (g): 25,947 HC (g): 52,658

20

POTAJE DE ALUBIAS BLANCAS CON
CALABACIN, JUDIAS VERDES, ZANAHORIA Y
PIMIENTOS
POLLO EN SALSAS ESPAÑOLA
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO

Kcal: 685,115 Prot (g): 41,458 Lip (g): 23,472 HC (g): 68,551

27

ARROZ A LA AMERICANA
HUEVOS AL PLATO
ENSALADA DE LECHUGA, LOMBARDA Y PASAS
YOGUR
PAN BLANCO

Kcal: 665,248 Prot (g): 24,217 Lip (g): 28,975 HC (g): 74,746

07

SALMOREJO CASERO
BACALAO CON MUSSELINA DE AJO
ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS
YOGUR NATURAL CON TOPPING
PAN BLANCO

Kcal: 506,021 Prot (g): 24,894 Lip (g): 16,14 HC (g): 61,901

14

ARROZ CON SALSAS DE TOMATE CASERA
FAJITAS CON BOLOÑESA DE SOJA
ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
FRUTA FRESCA
PAN BLANCO

Kcal: 693,135 Prot (g): 27,409 Lip (g): 16,478 HC (g): 105,873

21

GAZPACHO CASERO
REVUELTO DE PATATA Y QUESO
CALABACÍN REBOZADO
FRUTA FRESCA
PAN BLANCO

Kcal: 414,311 Prot (g): 8,054 Lip (g): 16,149 HC (g): 55,274

28

ESTOFADO DE PATATAS CON MAGRO
FAJITA CON BOLOÑESA DE SOJA Y QUESO
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN BLANCO

Kcal: 723,452 Prot (g): 33,874 Lip (g): 24,264 HC (g): 88,622

08

ENSALADA CESAR
TACO DE VERDURAS CON TOMATE
ESPECIADO Y SOJA
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO

Kcal: 653,642 Prot (g): 40,52 Lip (g): 26,233 HC (g): 61,036

15

SOPA CASERA DE AVE CON PICADILLO DE
HUEVO COCIDO
PAVO EN SALSAS DE CIRUELAS
ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO
YOGUR
PAN BLANCO

Kcal: 664,477 Prot (g): 46,569 Lip (g): 19,939 HC (g): 71,692

22

PAELLA MIXTA
FAJITAS DE SOJA CON ALUBIAS ROJAS
CHAMPIÑONES SALETADOS CON AJO Y PEREJIL
FRUTA FRESCA
PAN BLANCO

Kcal: 793,867 Prot (g): 40,639 Lip (g): 17,852 HC (g): 113,826

29

GUISANTES EN AMARILLO CON JAMÓN
RAGOUT DE TERNERA AL ESTILO
TRADICIONAL
ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS
FRUTA FRESCA
PAN BLANCO

Kcal: 663,525 Prot (g): 31,968 Lip (g): 32,367 HC (g): 53,581



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04

WHOLE WHEAT MACARONI WITH PESTO
SAUTÉED CHEESE SCRAMBLED EGGS

VEGETABLE PANACHE

FRESH FRUIT
WHOLEMALE BREAD

Kcal: 709,544 Prot (g): 32,736 Lip (g): 29,851 HC (g): 71,708

11

WHOLE WHEAT PASTA WOK WITH
VEGETABLES AND BACON
BAKED SEA BREAM WITH CARAMELIZED ONION
SAUTÉED VEGETABLES

FRESH FRUIT
WHOLEMALE BREAD

Kcal: 755,303 Prot (g): 28,099 Lip (g): 25,627 HC (g): 99,5

18

WHOLE WHEAT MACARONI WITH SOY
CARBONARA
SALMON WITH SOY SAUCE
LETTUCE, CARROT, AND BEETROOT SALAD

FRESH FRUIT
WHOLEMALE BREAD

Kcal: 763,072 Prot (g): 35,882 Lip (g): 32,083 HC (g): 79,373

25

WHOLE WHEAT MACARONI IN HOMEMADE
TOMATO SAUCE
HAKE WITH WHITE WINE VINAIGRETTE
SAUTÉED GREEN BEANS

FRESH FRUIT
WHOLEMALE BREAD

Kcal: 539,35 Prot (g): 23,911 Lip (g): 13,548 HC (g): 75,671

05

LENTIL STEW WITH PUMPKIN
BURGER WITH OLD-STYLE MUSTARD SAUCE

LETTUCE, RED CABBAGE, AND RAISIN SALAD

FRESH FRUIT
FRESH BREAD

Kcal: 608,569 Prot (g): 36,169 Lip (g): 22,203 HC (g): 59,249

12

MIXED SALAD WITH CHICKEN AND APPLE

FRENCH OMELET
SEASONED TOMATO

FRESH FRUIT
FRESH BREAD

Kcal: 489,399 Prot (g): 25,112 Lip (g): 15,619 HC (g): 61,655

19

HOMEMADE POULTRY SOUP WITH
CHICKPEAS
MEATBALLS IN SPANISH SAUCE
TOMATO, CUCUMBER, AND BLACK OLIVE SALAD

NATURAL YOGURT WITH TOPPING
FRESH BREAD

Kcal: 671,196 Prot (g): 26,343 Lip (g): 27,254 HC (g): 74,139

26

LENTIL STEW WITH CARROT, PEPPER, AND
ONION

CHICKEN FILLET WITH LEMON
LETTUCE, TOMATO, AND CARROT SALAD

FRESH FRUIT
FRESH BREAD

Kcal: 577,173 Prot (g): 32,811 Lip (g): 19,226 HC (g): 62,373

06

MIXED PAELLA
FRIED BREADED CHICKEN ESCALOPE

SEASONED POTATOES WITH OLIVE OIL AND
OREGANO

FRESH FRUIT
FRESH BREAD

Kcal: 770,449 Prot (g): 33,547 Lip (g): 24,795 HC (g): 100,233

13

SAUTÉED VEGETABLES WITH HAM STRIPS

GARLIC CHICKEN FILLET
BAKED SLICED POTATOES

FRESH FRUIT
FRESH BREAD

Kcal: 557,837 Prot (g): 25,11 Lip (g): 25,947 HC (g): 52,658

20

WHITE BEAN STEW WITH ZUCCHINI, GREEN
BEANS, CARROTS, AND PEPPERS
CHICKEN IN SPANISH SAUCE

MIXED SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 685,115 Prot (g): 41,458 Lip (g): 23,472 HC (g): 68,551

27

AMERICAN-STYLE RICE

BAKED EGGS (HUEVOS AL PLATO)
LETTUCE, RED CABBAGE, AND RAISIN SALAD

YOGURT
FRESH BREAD

Kcal: 665,248 Prot (g): 24,217 Lip (g): 28,975 HC (g): 74,746

07

HOMEMADE SALMOREJO
COD WITH GARLIC MOUSSELINE

LETTUCE, CORN, AND OLIVE SALAD

NATURAL YOGURT WITH TOPPING
FRESH BREAD

Kcal: 506,021 Prot (g): 24,894 Lip (g): 16,14 HC (g): 61,901

14

RICE SALAD WITH CRAB AND VEGETABLES

FAJITAS WITH SOY BOLOGNESE
LETTUCE, CORN, AND CARROT SALAD

FRESH FRUIT
FRESH BREAD

Kcal: 693,135 Prot (g): 27,409 Lip (g): 16,478 HC (g): 105,873

21

HOMEMADE GAZPACHO
POTATO AND CHEESE SCRAMBLED EGGS
BATTERED ZUCCHINI

FRESH FRUIT
FRESH BREAD

Kcal: 414,311 Prot (g): 8,054 Lip (g): 16,149 HC (g): 55,274

28

POTATO STEW WITH LEAN PORK
FAJITA WITH SOY BOLOGNESE AND CHEESE
SAUTÉED VEGETABLES

FRESH FRUIT
FRESH BREAD

Kcal: 723,452 Prot (g): 33,874 Lip (g): 24,264 HC (g): 88,622

08

CAESAR SALAD
VEGETABLE TACO WITH SPICED TOMATO
AND SOY

SEASONED TOMATO

FRESH FRUIT
FRESH BREAD

Kcal: 653,642 Prot (g): 40,52 Lip (g): 26,233 HC (g): 61,036

15

HOMEMADE SALMOREJO
TURKEY IN PLUM SAUCE
LETTUCE, TOMATO, AND FRESH CHEESE SALAD

YOGURT
FRESH BREAD

Kcal: 664,477 Prot (g): 46,569 Lip (g): 19,939 HC (g): 71,692

22

MIXED PAELLA
SOY FAJITAS WITH RED BEANS
SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY

FRESH FRUIT
FRESH BREAD

Kcal: 793,867 Prot (g): 40,639 Lip (g): 17,852 HC (g): 113,826

29

YELLOW PEAS WITH HAM
TRADITIONAL-STYLE BEEF RAGOUT
LETTUCE, CORN, AND OLIVE SALAD

FRESH FRUIT
FRESH BREAD

Kcal: 663,525 Prot (g): 31,968 Lip (g): 32,367 HC (g): 53,581