



MENÚ

MAYO 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

04

MACARRONES CON SALSA DE TOMATE
REJUETO DE QUESO SALTEADO
PANACHE DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 719,806 Prot (g): 32,233 Lip (g): 29,317 HC (g): 77,62

05

LENTEJAS ESTOFADAS CON CALABAZA
LOMO AL HORNO
ENSALADA DE LECHUGA, LOMBARDA Y PASAS
FRUTA FRESCA
PAN BLANCO

Kcal: 562,301 Prot (g): 34,578 Lip (g): 18,784 HC (g): 58,692

06

PAELLA MIXTA
POLLO AL LIMON
PATATAS ALIÑADAS CON OLIVA Y OREGANO
FRUTA FRESCA
PAN BLANCO

Kcal: 837,646 Prot (g): 37,387 Lip (g): 27,167 HC (g): 107,493

07

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

Kcal: 472,078 Prot (g): 23,79 Lip (g): 15,941 HC (g): 55,368

08

CREMA DE CALABACIN
ESTOFADO DE PAVO EN SALSA
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO

Kcal: 445,502 Prot (g): 27,226 Lip (g): 10,948 HC (g): 55,11

11

MACARRONES CON BECHAMEL
DORADO AL HORNO
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 786,438 Prot (g): 27,202 Lip (g): 28,706 HC (g): 101,614

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

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

14

ARROZ CON SALSA DE TOMATE CASERA
CARRILLADA EN SALSA
ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
FRUTA FRESCA
PAN BLANCO

Kcal: 634,962 Prot (g): 29,248 Lip (g): 18,683 HC (g): 83,643

15

SOPA CASERA DE AVE CON PICADILLO DE
HUEVO COCIDO
PAVO EN SALSA
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

18

MACARRONES CON SALSA DE TOMATE
SALMÓN CON SALSA DE SOJA
ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA
FRUTA FRESCA
PAN INTEGRAL

Kcal: 606,459 Prot (g): 27,395 Lip (g): 20,966 HC (g): 73,585

19

SOPA CASERA DE AVE CON GARBANZOS
MAGRO DE CERDO EN SALSA
ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS
YOGUR NATURAL CON TOPPING
PAN BLANCO

Kcal: 593,449 Prot (g): 34,725 Lip (g): 20,059 HC (g): 62,932

20

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

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

21

GAZPACHO CASERO
REVUELTO DE PATATA Y QUESO
CALABACIN ASADO
FRUTA FRESCA
PAN BLANCO

Kcal: 276,751 Prot (g): 6,434 Lip (g): 6,273 HC (g): 45,194

22

PAELLA MIXTA
CINTA DE LOMO A LA PLANCHA
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

25

MACARRONES EN SALSA DE TOMATE CASERA
MERLUZA EN SALSA VERDE
JUDIAS VERDES SALTEADAS
FRUTA FRESCA
PAN INTEGRAL

Kcal: 532,401 Prot (g): 24,371 Lip (g): 11,602 HC (g): 77,891

26

GUIZO 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

27

ARROZ CON POLLO
HUEVOS AL PLATO
ENSALADA DE LECHUGA, LOMBARDA Y PASAS
YOGUR
PAN BLANCO

Kcal: 691,608 Prot (g): 27,813 Lip (g): 30,967 HC (g): 73,554

28

ESTOFADO DE PATATAS CON MAGRO
PAVO AL LIMÓN
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN BLANCO

Kcal: 596,104 Prot (g): 34,788 Lip (g): 20,556 HC (g): 64,571

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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MAY 2026

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04

MACARONI IN TOMATO SAUCE
SAUTÉED CHEESE SCRAMBLED EGGS

VEGETABLE PANACHE

FRESH FRUIT
WHOLEMALE BREAD

Kcal: 719,806 Prot (g): 32,233 Lip (g): 29,317 HC (g): 77,62

05

LENTIL STEW WITH PUMPKIN
BAKED PORK LOIN
LETTUCE, RED CABBAGE, AND RAISIN SALAD

FRESH FRUIT
FRESH BREAD

Kcal: 562,301 Prot (g): 34,578 Lip (g): 18,784 HC (g): 58,692

06

MIXED PAELLA
LEMON CHICKEN
SEASONED POTATOES WITH OLIVE OIL AND OREGANO

FRESH FRUIT
FRESH BREAD

Kcal: 837,646 Prot (g): 37,387 Lip (g): 27,167 HC (g): 107,493

07

HOMEMADE SALMOREJO
COD WITH GARLIC AND PARSLEY
LETTUCE, CORN, AND OLIVE SALAD

NATURAL YOGURT WITH TOPPING
FRESH BREAD

Kcal: 472,078 Prot (g): 23,79 Lip (g): 15,941 HC (g): 55,368

08

ZUCCHINI SOUP
TURKEY IN SAUCE
SEASONED TOMATO

FRESH FRUIT
FRESH BREAD

Kcal: 445,502 Prot (g): 27,226 Lip (g): 10,948 HC (g): 55,11

11

MACARONI WITH BECHAMEL
BAKED SEA BREAM WITH CARAMELIZED ONION
SAUTÉED VEGETABLES
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 786,438 Prot (g): 27,202 Lip (g): 28,706 HC (g): 101,614

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

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

14

RICE SALAD WITH CRAB AND VEGETABLES
PORK CHEEKS IN SAUCE
LETTUCE, CORN, AND CARROT SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 634,962 Prot (g): 29,248 Lip (g): 18,683 HC (g): 83,643

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

18

MACARONI IN TOMATO SAUCE
SALMON WITH SOY SAUCE
LETTUCE, CARROT, AND BEETROOT SALAD
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 606,459 Prot (g): 27,395 Lip (g): 20,966 HC (g): 73,585

19

HOMEMADE POULTRY SOUP WITH CHICKPEAS
STEWED PORK IN SAUCE
TOMATO, CUCUMBER, AND BLACK OLIVE SALAD
NATURAL YOGURT WITH TOPPING
FRESH BREAD

Kcal: 593,449 Prot (g): 34,725 Lip (g): 20,059 HC (g): 62,932

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): 68,551CH

21

HOMEMADE GAZPACHO
POTATO AND CHEESE SCRAMBLED EGGS
ROASTED ZUCCHINI
FRESH FRUIT
FRESH BREAD

Kcal: 276,751 Prot (g): 6,434 Lip (g): 6,273 HC (g): 45,194

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

25

MACARONI IN TOMATO SAUCE
HAKE IN GREEN SAUCE
SAUTÉED GREEN BEANS
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 532,401 Prot (g): 24,371 Lip (g): 11,602 HC (g): 77,891

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

27

RICE WITH CHICKEN
BAKED EGGS (HUEVOS AL PLATO)
LETTUCE, RED CABBAGE, AND RAISIN SALAD
YOGURT
FRESH BREAD

Kcal: 691,608 Prot (g): 27,813 Lip (g): 30,967 HC (g): 73,554

28

POTATO STEW WITH LEAN PORK
LEMON TURKEY
SAUTÉED VEGETABLES
FRESH FRUIT
FRESH BREAD

Kcal: 596,104 Prot (g): 34,788 Lip (g): 20,556 HC (g): 64,571

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