



MENÚ

JUNIO 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA
 BACALAO AL HORNO EN PIPERRADA (PIMIENTO, CEBOLLA, TOMATE)
 COLIFLOR SALTEADA
 FRUTA FRESCA
 PAN INTEGRAL

Kcal: 562,221 Prot (g): 30,043 Lip (g): 13,153 HC (g): 74,837

02

ALUBIAS ESTOFADAS CON ACELGAS
 POLLO TIKA MASALA
 PATATAS PROVENZAL CON AJO Y TOMILLO
 FRUTA FRESCA
 PAN BLANCO

Kcal: 629,988 Prot (g): 35,868 Lip (g): 13,2 HC (g): 82,952

03

ARROZ FRITO CON YORK
 MERLUZA AL HORNO
 TOMATE ALIÑADO
 FRUTA FRESCA
 PAN BLANCO

Kcal: 511,857 Prot (g): 21,619 Lip (g): 11,661 HC (g): 78,507

04

ENSALADA CESAR
 LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO
 ENSALADA MIXTA
 YOGUR NATURAL CON TOPPING
 PAN BLANCO

Kcal: 548,411 Prot (g): 24,079 Lip (g): 21,17 HC (g): 61,045

05

SALMOREJO CASERO
 HUEVOS AL HORNO BELLA AURORA (BECHAMEL, TOMATE)
 ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA
 FRUTA FRESCA
 PAN BLANCO

Kcal: 505,761 Prot (g): 17,294 Lip (g): 19,599 HC (g): 60,839

08

MACARRONES INTEGRALES AGLIO-OLIO CON PAVO Y CEBOLLINO
 GALLO A LA ANDALUZA FRITO
 ENSALADA DE COL
 YOGUR
 PAN INTEGRAL

Kcal: 551,898 Prot (g): 30,862 Lip (g): 18,319 HC (g): 62,46

09

LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO
 TORTILLA FRANCESA HORNO
 ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
 FRUTA FRESCA
 PAN BLANCO

Kcal: 506,399 Prot (g): 25,648 Lip (g): 15,802 HC (g): 64,762

10

ARROZ CHAUFA
 CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA
 CALABACÍN ASADO
 FRUTA FRESCA
 PAN BLANCO

Kcal: 694,602 Prot (g): 35,593 Lip (g): 22,433 HC (g): 85,245

11

ESTOFADO DE PATATAS CON COSTILLA
 TACO DE VERDURAS SUPERFOOD
 ENSALADA DE TOMATE
 FRUTA FRESCA
 PAN BLANCO

Kcal: 593,557 Prot (g): 17,303 Lip (g): 16,037 HC (g): 88,978

12

PACKED LUNCH

15

CODITOS CON CREMA SUAVE DE BECHAMEL
 SALMÓN AL HORNO CON AJO Y PEREJIL
 ENSALADA DE LECHUGA, REMOLACHA RALLADA Y MAÍZ
 YOGUR NATURAL CON TOPPING
 PAN INTEGRAL

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

16

GAZPACHO
 TORTILLA FRANCESA HORNO
 ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA
 FRUTA FRESCA
 PAN BLANCO

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

17

PISTO MANCHEGO CON HUEVO
 POLLO ASADO EN SALSA DE PASAS Y ALMENDRAS
 ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS
 FRUTA FRESCA
 PAN BLANCO

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

18

ARROZ TRES DELICIAS CON SALSA DE SOJA
 FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI
 REPOLLO ESTILO KIMCHI
 FRUTA FRESCA
 PAN BLANCO

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

19

SOPA CASERA DE AVE CON GARBANZOS CARCAMUSAS (ESTOFADO DE MAGRO CON CHORIZO Y JAMÓN)
 PATATA PANADERA AL HORNO
 FRUTA FRESCA
 PAN BLANCO

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



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01

WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE
BAKED COD IN PIPERRADA (PEPPER, ONION, TOMATO)
SAUTÉED CAULIFLOWER
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 562,221 Prot (g): 30,043 Lip (g): 13,153 HC (g): 74,837

08

WHOLE WHEAT MACARONI AGLIO-OLIO WITH TURKEY AND CHIVES
ANDALUSIAN-STYLE FRIED MEGRIM SOLE
COLESLAW
YOGURT
WHOLEMALE BREAD

Kcal: 551,898 Prot (g): 30,862 Lip (g): 18,319 HC (g): 62,46

15

WHOLE WHEAT PASTA WITH LIGHT BECHAMEL SAUCE
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE, SHREDDED BEETROOT AND CORN SALAD
YOGURT WITH TOPPINGS
WHOLEMALE BREAD

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

02

STEWED BEANS WITH CHARD
CHICKEN TIKKA MASALA
ROASTED POTATOES WITH GARLIC AND THYME
FRESH FRUIT
FRESH BREAD

Kcal: 629,988 Prot (g): 35,868 Lip (g): 13,2 HC (g): 82,952

09

LENTILS WITH CARROT AND HOMEMADE SAUTÉED PEPPERS
FRENCH OMELETTE
LETTUCE, CORN AND CARROT SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 506,399 Prot (g): 25,648 Lip (g): 15,802 HC (g): 64,762

16

HOMEMADE GAZPACHO
FRENCH OMELETTE
LETTUCE, TOMATO AND CARROT SALAD
FRESH FRUIT
FRESH BREAD

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

03

FRIED RICE WITH COOKED HAM
BAKED HAKE
SEASONED TOMATOES
FRESH FRUIT
FRESH BREAD

Kcal: 511,857 Prot (g): 21,619 Lip (g): 11,661 HC (g): 78,507

10

CHAUFA RICE
PORK LOIN WITH APPLE AND ONION CHUTNEY
ROASTED ZUCCHINI
FRESH FRUIT
FRESH BREAD

Kcal: 694,602 Prot (g): 35,593 Lip (g): 22,433 HC (g): 85,245

17

PISTO MANCHEGO (TRADITIONAL VEGETABLE STEW) WITH EGG
ROAST CHICKEN IN RAISIN AND ALMOND SAUCE
LETTUCE, CORN AND OLIVE SALAD
FRESH FRUIT
FRESH BREAD

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

04

CAESAR SALAD
LENTILS WITH CARROT AND HOMEMADE SAUTÉED PEPPERS
MIXED SALAD
YOGURT WITH TOPPING
FRESH BREAD

Kcal: 548,411 Prot (g): 24,079 Lip (g): 21,17 HC (g): 61,045

11

POTATO STEW WITH PORK RIBS
SUPERFOOD VEGETABLE TACO
TOMATO SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 593,557 Prot (g): 17,303 Lip (g): 16,037 HC (g): 88,978

18

THREE-DELIGHTS FRIED RICE WITH SOY SAUCE
FAJITA WITH SAUTÉED SOY, SPRING ONION AND TERIYAKI SAUCE
KIMCHI-STYLE CABBAGE
FRESH FRUIT
FRESH BREAD

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

05

HOMEMADE SALMOREJO (CHILLED TOMATO SOUP)
BELLA AURORA BAKED EGGS (WITH BECHAMEL AND TOMATO)
LETTUCE, CARROT AND BEETROOT SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 505,761 Prot (g): 17,294 Lip (g): 19,599 HC (g): 60,839

12

PACKED LUNCH

19

HOMEMADE CHICKEN SOUP WITH CHICKPEAS
CARCAMUSAS (TRADITIONAL PORK STEW WITH CHORIZO AND HAM)
BAKED PANADERA POTATOES
FRESH FRUIT
FRESH BREAD

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