



MENÚ

SEPTIEMBRE 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

07

CODITOS CON CREMA SUAVE DE BECHAMEL

SALMÓN AL HORNO CON AJO Y PEREJIL

ENSALADA DE LECHUGA, REMOLACHA
RALLADA Y MAÍZ

YOGUR NATURAL CON TOPPINGS
PAN INTEGRAL

Kcal: 674,182 Prot (g): 28,411 Lip (g): 27,691 HC (g): 75,62

14

MACARRONES EN SALSA DE TOMATE CASERA

GALLO SAN PEDRO A LA SICILIANA

CALABAZA ASADA

FRUTA FRESCA
PAN INTEGRAL

Kcal: 544,746 Prot (g): 23,249 Lip (g): 11,762 HC (g): 82,089

21

PAELLA MIXTA
TORTILLA DE CALABACÍN PLANCHA

PANACHÉ DE VERDURAS

FRUTA FRESCA
PAN INTEGRAL

Kcal: 669,377 Prot (g): 24,959 Lip (g): 21,887 HC (g): 89,069

28

MACARRONES SALTEADOS CON PAVO

DORADO AL HORNO CON CEBOLLA
CARAMELIZADA

SALTEADO DE VERDURAS

FRUTA FRESCA
PAN INTEGRAL

Kcal: 810,878 Prot (g): 29,771 Lip (g): 31,385 HC (g): 96,505

08

GAZPACHO CASERO

TORTILLA FRANCESA HORNO

ENSALADA DE LECHUGA, TOMATE Y
ZANAHORIA

FRUTA FRESCA
PAN BLANCO

Kcal: 433,948 Prot (g): 18,001 Lip (g): 15,561 HC (g): 55,76

15

GUISO DE LENTEJAS CON ZANAHORIA,
PIMIENTO Y CEBOLLA

RAGOUT DE MAGRO AL ESTILO
TRADICIONAL

ENSALADA DE JUDÍA VERDE, ZANAHORIA Y
MAÍZ

FRUTA FRESCA
PAN BLANCO

Kcal: 642,143 Prot (g): 36,374 Lip (g): 18,402 HC (g): 75,816

22

LENTEJAS ESTOFADAS CON CALABAZA
LOMO AL HORNO

ENSALADA DE LECHUGA, LOMBARDA Y
PASAS

FRUTA FRESCA
PAN BLANCO

Kcal: 618,262 Prot (g): 36,873 Lip (g): 18,916 HC (g): 69,083

29

LENTEJAS CON ZANAHORIA Y SOFRITO DE
PIMIENTOS CASERO

TORTILLA FRANCESA HORNO

TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO

Kcal: 554,142 Prot (g): 27,851 Lip (g): 15,827 HC (g): 73,419

02

ARROZ CON SALSA DE TOMATE CASERA

CINTA DE LOMO A LA PLANCHA

CALABACÍN ASADO
FRUTA FRESCA
PAN BLANCO

Kcal: 623,8 Prot (g): 28,518 Lip (g): 17,476 HC (g): 85,12

09

GUISO DE LENTEJAS CON PATATAS Y
ZANAHORIA

POLLO ASADO EN SALSA DE PASAS Y
ALMENDRAS

ENSALADA DE LECHUGA, MAIZ Y
ACEITUNAS

FRUTA FRESCA
PAN BLANCO

Kcal: 702,854 Prot (g): 36,862 Lip (g): 27,152 HC (g): 70,3

16

GAZPACHO CASERO

TORTILLA DE PATATA

ENSALADA MIXTA

YOGUR NATURAL
PAN BLANCO

Kcal: 551,074 Prot (g): 26,487 Lip (g): 26,648 HC (g): 48,636

23

SOPA CASERA DE AVE CON FIDEOS
PAVO EN SALSA DE MANZANA

PATATAS ALIÑADAS CON OLIVA Y
ORÉGANO

FRUTA FRESCA
PAN BLANCO

Kcal: 612,354 Prot (g): 40,076 Lip (g): 12,63 HC (g): 80,074

30

GAZPACHO CASERO

FILETE DE POLLO AL AJILLO

PATATA PANADERA AL HORNO
FRUTA FRESCA
PAN BLANCO

Kcal: 550,992 Prot (g): 26,449 Lip (g): 19,083 HC (g): 63,808

03

ESTOFADO DE PATATAS CON MAGRO

MERLUZA AL HORNO

ENSALADA DE TOMATE
FRUTA FRESCA
PAN BLANCO

Kcal: 525,865 Prot (g): 22,838 Lip (g): 14,258 HC (g): 71,853

10

ARROZ TRES DELICIAS CON SALSA DE SOJA

GALLO EN SALSA VERDE

PATATA PANADERA AL HORNO

FRUTA FRESCA
PAN BLANCO

Kcal: 663,274 Prot (g): 28,33 Lip (g): 14,218 HC (g): 101,258

17

ARROZ CON VERDURAS

MERLUZA A LA ROTEÑA

ENSALADA DE MAR (LECHUGA, TOMATE,
SURIMI)

FRUTA FRESCA
PAN BLANCO

Kcal: 563,388 Prot (g): 22,913 Lip (g): 11,291 HC (g): 88,81

24

SALMOREJO CASERO
BACALAO CON MUSELINA DE AJO

TOMATE ALIÑADO

YOGUR NATURAL CON TOPPINGS
PAN BLANCO

Kcal: 592,287 Prot (g): 23,73 Lip (g): 30,466 HC (g): 52,99

04

CREMA DE CALABACÍN
CALDERETA DE POLLO (TOMATE,
ZANAHORIA, PIMIENTO)
PATATAS AL VAPOR CON SOFRITO DE AJOS
FRUTA FRESCA
PAN BLANCO

Kcal: 577,13 Prot (g): 37,445 Lip (g): 15,417 HC (g): 68,439

11

SOPA CASERA DE AVE CON GARBANZOS

ESTOFADO DE MAGRO

MENESTRA SALTEADA CON AJO Y PIMENTÓN

FRUTA FRESCA
PAN BLANCO

Kcal: 627,263 Prot (g): 34,811 Lip (g): 20,492 HC (g): 69,167

18

CONSOMÉ DE AVE

JAMONCITOS DE POLLO ASADOS

PATATAS ASADAS AL TOMILLO LIMÓN

FRUTA FRESCA
PAN BLANCO

Kcal: 571,548 Prot (g): 35,932 Lip (g): 21,085 HC (g): 56,006

25

ESTOFADO DE PATATAS CON MAGRO
SALMÓN CON SALSA DE SOJA

ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS

FRUTA FRESCA
PAN BLANCO

Kcal: 636,901 Prot (g): 27,348 Lip (g): 24,891 HC (g): 71,135



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SEPTEMBER 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

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07

PASTA WITH LIGHT BÉCHAMEL SAUCE
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE, GRATED BEETROOT, AND CORN
SALAD
PLAIN YOGURT WITH TOPPINGS
WHOLEMALE BREAD

Kcal: 674,182 Prot (g): 28,411 Lip (g): 27,691 HC (g): 75,62

14

MACARONI IN HOMEMADE TOMATO SAUCE
SICILIAN-STYLE JOHN DORY FISH
ROASTED PUMPKIN
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 544,746 Prot (g): 23,249 Lip (g): 11,762 HC (g): 82,089

21

MIXED PAELLA
GRILLED ZUCCHINI OMELETTE
MIXED VEGETABLE MEDLEY
FRESH FRUIT
WHOLEMALE BREAD

Kcal: 669,377 Prot (g): 24,959 Lip (g): 21,887 HC (g): 89,069

28

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

Kcal: 810,878 Prot (g): 29,771 Lip (g): 31,385 HC (g): 96,505

08

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

Kcal: 433,948 Prot (g): 18,001 Lip (g): 15,561 HC (g): 55,76

15

LENTIL STEW WITH CARROT, PEPPER, AND
ONION
TRADITIONAL-STYLE LEAN PORK RAGOUT
GREEN BEAN, CARROT, AND CORN SALAD

FRESH FRUIT
FRESH BREAD
Kcal: 642,143 Prot (g): 36,374 Lip (g): 18,402 HC (g):
75,816

22

STEWED LENTILS WITH PUMPKIN
BAKED PORK LOIN
LETTUCE, RED CABBAGE, AND RAISIN SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 618,262 Prot (g): 36,873 Lip (g): 18,916 HC (g):
69,083

29

LENTILS WITH CARROTS AND HOMEMADE
SAUTÉED PEPPERS
BAKED FRENCH OMELETTE
SEASONED TOMATO SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 554,142 Prot (g): 27,851 Lip (g): 15,827 HC (g):
73,419

02

RICE WITH HOMEMADE TOMATO SAUCE
GRILLED PORK LOIN
ROASTED ZUCCHINI
FRESH FRUIT
FRESH BREAD

Kcal: 623,8 Prot (g): 28,518 Lip (g): 17,476 HC (g): 85,12

09

LENTIL STEW WITH POTATOES AND
CARROTS
ROASTED CHICKEN IN RAISIN AND
ALMOND SAUCE
LETTUCE, CORN, AND OLIVE SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 702,854 Prot (g): 36,862 Lip (g): 27,152 HC (g): 70,3

16

HOMEMADE GAZPACHO
POTATO OMELETTE (SPANISH TORTILLA)
MIXED SALAD
PLAIN YOGURT
FRESH BREAD

Kcal: 551,074 Prot (g): 26,487 Lip (g): 26,648 HC (g):
48,636

23

HOMEMADE POULTRY SOUP WITH
NOODLES
TURKEY IN APPLE SAUCE
SEASONED POTATOES WITH OLIVE OIL AND
OREGANO
FRESH FRUIT
FRESH BREAD

Kcal: 612,354 Prot (g): 40,076 Lip (g): 12,63 HC (g):
80,074

30

HOMEMADE GAZPACHO
CHICKEN FILLET AL AJILLO
BAKED SLICED POTATOES
FRESH FRUIT
FRESH BREAD

Kcal: 550,992 Prot (g): 26,449 Lip (g): 19,083 HC (g):
63,808

03

POTATO STEW WITH LEAN PORK
BAKED HAKE
TOMATO SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 525,865 Prot (g): 22,838 Lip (g): 14,258 HC (g):
71,853

10

THREE-DELIGHT FRIED RICE WITH SOY
SAUCE
ME GRIM IN GREEN SAUCE
BAKED SLICED POTATOES
FRESH FRUIT
FRESH BREAD

Kcal: 663,274 Prot (g): 28,33 Lip (g): 14,218 HC (g):
101,258

17

RICE WITH VEGETABLES
HAKE IN SAUCE
SEAFOOD SALAD (LETTUCE, TOMATO,
SURIMI)
FRESH FRUIT
FRESH BREAD

Kcal: 563,388 Prot (g): 22,913 Lip (g): 11,291 HC (g): 88,81

24

HOMEMADE SALMOREJO
COD WITH GARLIC MOUSSELINE
SEASONED TOMATO SALAD
PLAIN YOGURT WITH TOPPINGS
FRESH BREAD

Kcal: 592,287 Prot (g): 23,73 Lip (g): 30,466 HC (g): 52,99

04

CREAM OF ZUCCHINI SOUP
CHICKEN STEW (TOMATO, CARROT,
PEPPER)
STEAMED POTATOES WITH SAUTÉED
GARLIC
FRESH FRUIT
FRESH BREAD

Kcal: 577,13 Prot (g): 37,445 Lip (g): 15,417 HC (g):
68,439

11

HOMEMADE POULTRY SOUP WITH
CHICKPEAS
LEAN PORK STEW
SAUTÉED MIXED VEGETABLES WITH GARLIC
AND PAPRIKA
FRESH FRUIT
FRESH BREAD

Kcal: 627,263 Prot (g): 34,811 Lip (g): 20,492 HC (g): 69,167

18

POULTRY CONSOMMÉ
ROASTED CHICKEN DRUMSTICKS
ROASTED POTATOES WITH THYME AND
LEMON
FRESH FRUIT
FRESH BREAD

Kcal: 571,548 Prot (g): 35,932 Lip (g): 21,085 HC (g): 56,006

25

POTATO STEW WITH LEAN PORK
SALMON WITH SOY SAUCE
LETTUCE, CORN, AND OLIVE SALAD
FRESH FRUIT
FRESH BREAD

Kcal: 636,901 Prot (g): 27,348 Lip (g): 24,891 HC (g): 71,135