



MENÚ

OCTUBRE 2026

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

05

MACARRONES INTEGRALES A LA CARBONARA (NATA, BACON)

SALMÓN EN SALSA 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

12

FESTIVO

06

SOPA CASERA DE AVE CON PICADILLO DE HUEVO COCIDO Y PICATOSTES

ALBÓNDIGAS VEGETALES EN SALSA ESPAÑOLA (PIMIENTO, CEBOLLA, ZANAHORIA)

ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS

YOGUR NATURAL CON COULIS DE FRUTOS DEL BOSQUE

PAN BLANCO

Kcal: 671,196 Prot (g): 26,343 Lip (g): 27,254 HC (g): 74,13

13

GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA

FILETE DE POLLO AL LIMÓN

ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

Kcal: 577,173 Prot (g): 32,811 Lip (g): 19,226 HC (g): 62,37

20

ALUBIAS ESTOFADAS CON ACELGAS

POLLO TIKA MASALA

PATATAS ASADAS CON AJO Y TOMILLO

FRUTA FRESCA

PAN BLANCO

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

27

LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO

TORTILLA DE CALABACÍN PLANCHA

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

Kcal: 561,919 Prot (g): 26,188 Lip (g): 20,619 HC (g): 62,64

07

POTAJE DE ALUBIAS BLANCAS CON CALABACÍN, JUDÍAS VERDES, ZANAHORIA Y PIMIENTOS
POLLO GUISADO EN SALSA DE MOSTAZA A LA MIEL

ENSALADA MIXTA

FRUTA FRESCA

PAN BLANCO

Kcal: 685,115 Prot (g): 41,458 Lip (g): 23,472 HC (g): 68,5

14

GUISANTES EN AMARILLO CON JAMÓN SERRANO

HUEVOS AL HORNO AL PLATO (TOMATE, GUISANTE, CHORIZO)

ENSALADA DE LECHUGA, LOMBARDA Y PASAS

YOGURES SABORES VARIADOS

PAN BLANCO

Kcal: 600 Prot (g): 31,505 Lip (g): 30,859 HC (g): 42,428

21

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): 78,5

28

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): 85,2

01

ARROZ CON SALSA DE TOMATE CASERA

FAJITA CON SALTEADO DE SOJA CON CEBOLLETA Y SALSA TERIYAKI

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

FRUTA FRESCA

PAN BLANCO

Kcal: 693,135 Prot (g): 27,409 Lip (g): 16,478 HC (g): 105,8

08

GAZPACHO CASERO

REVUELTO DE PATATA Y QUESO MOZZARELLA

CALABACÍN REBOZADO FRITO

FRUTA FRESCA

PAN BLANCO

Kcal: 709,029 Prot (g): 24,73 Lip (g): 41,834 HC (g): 54,948

15

ESTOFADO DE PATATAS CON MAGRO

FAJITA CON BOLOÑESA DE SOJA Y QUESO

ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS

FRUTA FRESCA

PAN BLANCO

Kcal: 709,39 Prot (g): 33,807 Lip (g): 22,396 HC (g): 88,835

22

ENSALADA CÉSAR

LENTEJAS ESTOFADAS CON MAGRO

ENSALADA MIXTA

YOGUR NATURAL CON TOPPINGS

PAN BLANCO

Kcal: 769,881 Prot (g): 45,354 Lip (g): 32,007 HC (g): 69,88

29

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): 88,97

02

SOPA CASERA DE AVE CON PICADILLO DE HUEVO COCIDO

GUISO DE TERNERA AL ESTILO ALEMÁN

ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO

YOGURES SABORES VARIADOS

PAN BLANCO

Kcal: 667,246 Prot (g): 42,89 Lip (g): 23,265 HC (g): 69,50

09

PAELLA MIXTA (POLLO, MARISCO)

PAVO AL ESTILO THAY

CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL

FRUTA FRESCA

PAN BLANCO

Kcal: 643,321 Prot (g): 31,163 Lip (g): 19,592 HC (g): 82,594

16

ARROZ CON SALSA DE TOMATE CASERA

BACALAO AL HORNO EN PIPERRADA (PIMIENTO, CEBOLLA, TOMATE)

COLIFLOR SALTEADA

FRUTA FRESCA

PAN BLANCO

Kcal: 580,167 Prot (g): 24,424 Lip (g): 13,04 HC (g): 87,623

23

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

30

CREMA DE CALABACÍN CON CEBOLLA CRUJIENTE

CALDERETA DE POLLO (TOMATE, ZANAHORIA, PIMIENTO)

PATATAS AL VAPOR CON SOFRITO DE AJOS

FRUTA FRESCA

PAN BLANCO

Kcal: 547,487 Prot (g): 37,086 Lip (g): 15,389 HC (g): 62,075

19

MACARRONES INTEGRALES CON BOLOÑESA DE VERDURAS Y SOJA

ALBÓNDIGAS EN SALSA ESPAÑOLA

SALTEADO DE VERDURAS

FRUTA FRESCA

PAN INTEGRAL

Kcal: 740,72 Prot (g): 25,819 Lip (g): 29,702 HC (g): 87,445

26

MACARRONES INTEGRALES AGLIO-OLIO CON PAVO Y CEBOLLINO

GALLO A LA ANDALUZA FRITO

ENSALADA DE COL

YOGUR SABORES VARIADOS

PAN INTEGRAL

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



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			01 RICE WITH HOMEMADE TOMATO SAUCE FAJITA WITH STIR-FRIED SOY, SPRING ONION AND TERIYAKI SAUCE LETTUCE, CORN AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 693,135 Prot (g): 27,409 Lip (g): 16,478 HC (g): 105,8	02 HOMEMADE POULTRY SOUP WITH HARD-BOILED EGG GARNISH GERMAN-STYLE BEEF STEW LETTUCE, TOMATO AND FRESH CHEESE SALAD YOGURT FRESH BREAD Kcal: 667,246 Prot (g): 42,89 Lip (g): 23,265 HC (g): 69,50
05 WHOLE WHEAT CARBONARA MACARONI (CREAM, BACON) SALMON IN 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	06 HOMEMADE POULTRY SOUP WITH HARD-BOILED EGG GARNISH AND CROUTONS VEGETABLE MEATBALLS IN SPANISH SAUCE (PEPPER, ONION, CARROT) TOMATO, CUCUMBER AND BLACK OLIVE SALAD NATURAL YOGURT WITH FOREST FRUIT COULIS FRESH BREAD Kcal: 671,196 Prot (g): 26,343 Lip (g): 27,254 HC (g): 74,13	07 WHITE BEAN STEW WITH ZUCCHINI, GREEN BEANS, CARROT AND PEPPERS STEWED CHICKEN IN HONEY MUSTARD SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD Kcal: 685,115 Prot (g): 41,458 Lip (g): 23,472 HC (g): 68,5	08 HOMEMADE GAZPACHO POTATO AND MOZZARELLA CHEESE SCRAMBLED EGGS FRIED BATTERED ZUCCHINI FRESH FRUIT FRESH BREAD Kcal: 709,029 Prot (g): 24,73 Lip (g): 41,834 HC (g): 54,948	09 MIXED PAELLA (CHICKEN, SEAFOOD) THAI-STYLE TURKEY SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD Kcal: 643,321 Prot (g): 31,163 Lip (g): 19,592 HC (g): 82,594
12 SCHOOL HOLIDAY	13 LENTIL STEW WITH CARROT, PEPPER AND ONION LEMON CHICKEN FILLET LETTUCE, TOMATO AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 577,173 Prot (g): 32,811 Lip (g): 19,226 HC (g): 62,37	14 YELLOW-STYLE PEAS WITH SERRANO HAM BAKED EGGS 'AL PLATO' (TOMATO, PEAS, CHORIZO) LETTUCE, RED CABBAGE AND RAISIN SALAD YOGURT FRESH BREAD Kcal: 600 Prot (g): 31,505 Lip (g): 30,859 HC (g): 42,428	15 POTATO STEW WITH LEAN PORK FAJITA WITH SOY BOLOGNESE AND CHEESE LETTUCE, CORN AND OLIVE SALAD FRESH FRUIT FRESH BREAD Kcal: 709,39 Prot (g): 33,807 Lip (g): 22,396 HC (g): 88,835	16 RICE WITH HOMEMADE TOMATO SAUCE BAKED COD IN PIPERRADA (PEPPER, ONION, TOMATO) SAUTÉED CAULIFLOWER FRESH FRUIT FRESH BREAD Kcal: 580,167 Prot (g): 24,424 Lip (g): 13,04 HC (g): 87,623
19 WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE MEATBALLS IN SPANISH SAUCE SAUTÉED VEGETABLES FRESH FRUIT WHOLEMALE BREAD Kcal: 740,72 Prot (g): 25,819 Lip (g): 29,702 HC (g): 87,445	20 STEWED BEANS WITH SWISS CHARD CHICKEN TIKKA MASALA ROAST POTATOES WITH GARLIC AND THYME FRESH FRUIT FRESH BREAD Kcal: 629,988 Prot (g): 35,868 Lip (g): 13,2 HC (g): 82,952	21 FRIED RICE WITH HAM (YORK) BAKED HAKE SEASONED TOMATO SALAD FRESH FRUIT FRESH BREAD Kcal: 511,857 Prot (g): 21,619 Lip (g): 11,661 HC (g): 78,5	22 CAESAR SALAD LENTIL STEW WITH LEAN PORK MIXED SALAD NATURAL YOGURT WITH TOPPINGS FRESH BREAD Kcal: 769,881 Prot (g): 45,354 Lip (g): 32,007 HC (g): 69,88	23 HOMEMADE SALMOREJO BAKED EGGS 'BELLA AURORA' (BÉCHAMEL, 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
26 WHOLE WHEAT AGLIO-OLIO MACARONI WITH TURKEY AND CHIVES FRIED ANDALUSIAN-STYLE MEGRIM SOLE COLESLAW SALAD YOGURT WHOLEMALE BREAD Kcal: 551,898 Prot (g): 30,862 Lip (g): 18,319 HC (g): 62,46	27 LENTIL STEW WITH CARROT AND HOMEMADE PEPPER SAUTÉ GRILLED ZUCCHINI OMELETTE LETTUCE, CORN AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 561,919 Prot (g): 26,188 Lip (g): 20,619 HC (g): 62,64	28 CHAUFA RICE (PERUVIAN FRIED 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): 85,2	29 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): 88,97	30 CREAM OF ZUCCHINI WITH CRISPY ONIONS CHICKEN STEW (TOMATO, CARROT, PEPPER) STEAMED POTATOES WITH SAUTÉED GARLIC FRESH FRUIT FRESH BREAD Kcal: 547,487 Prot (g): 37,086 Lip (g): 15,389 HC (g): 62,075