



MENÚ

OCTUBRE 2026

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

			01	02
			ARROZ CON SALSA DE TOMATE CASERA GALLO EN SALSA VERDE ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO Kcal: 568,519 Prot (g): 21,765 Lip (g): 11,293 HC (g): 90,791	SOPA CASERA DE AVE CON PICADILLO DE HUEVO COCIDO GUISO DE TERNERA ESTOFADA ENSALADA DE LECHUGA, TOMATE Y QUESO FRESCO FRUTA FRESCA PAN BLANCO Kcal: 627,263 Prot (g): 34,811 Lip (g): 20,49 HC (g): 69,16
05	06	07	08	09
MACARRONES A LA CARBONARA SALMÓN EN SALSA DE SOJA ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA FRUTA FRESCA PAN INTEGRAL Kcal: 555,246 Prot (g): 23,739 Lip (g): 11,902 HC (g): 83,629	SOPA CASERA DE AVE CON PICADILLO DE HUEVO COCIDO LOMO AL HORNO ENSALADA DE TOMATE, PEPINO Y ACEITUNAS NEGRAS YOGUR CON COULIS DE FRUTOS DEL BOSQUE PAN BLANCO Kcal: 499,997 Prot (g): 31,09 Lip (g): 20,735 HC (g): 44,593	POTAJE DE ALUBIAS BLANCAS CON CALABACÍN, JUDÍAS VERDES, ZANAHORIA Y PIMIENTOS POLLO GUISADO EN SALSA ENSALADA MIXTA FRUTA FRESCA PAN BLANCO Kcal: 587,562 Prot (g): 25,507 Lip (g): 33,54 HC (g): 43,85	GAZPACHO CASERO REVUELTO DE PATATA Y QUESO MOZZARELLA CALABACÍN ASADO FRUTA FRESCA PAN BLANCO Kcal: 564,624 Prot (g): 24,449 Lip (g): 25,094 HC (g): 562,01	PAELLA MIXTA PAVO AL ESTILO THAY CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL FRUTA FRESCA PAN BLANCO Kcal: 571,548 Prot (g): 35,932 Lip (g): 21,085 HC (g): 56,006
12	13	14	15	16
FESTIVO	GUISO DE LENTEJAS CON ZANAHORIA, PIMIENTO Y CEBOLLA FILETE DE POLLO AL LIMÓN ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA FRUTA FRESCA PAN BLANCO Kcal: 647,952 Prot (g): 34,18 Lip (g): 20,242 HC (g): 73,166	GUISANTES EN AMARILLO CON JAMÓN SERRANO MAGRO DE CERDO EN SALSA ENSALADA DE LECHUGA, LOMBARDA Y PASAS YOGUR PAN BLANCO Kcal: 542,559 Prot (g): 38,958 Lip (g): 19,915 HC (g): 45,9	ESTOFADO DE PATATAS CON MAGRO TORTILLA FRANCESA ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN BLANCO Kcal: 595,965 Prot (g): 26,41 Lip (g): 21,449 HC (g): 74,148	ARROZ CON SALSA DE TOMATE CASERA BACALAO AL HORNO EN PIPERRADA (PIMIENTO, CEBOLLA, TOMATE) COLIFLOR SALTEADA FRUTA FRESCA PAN BLANCO Kcal: 666,058 Prot (g): 22,235 Lip (g): 23,124 HC (g): 86,022
19	20	21	22	23
MACARRONES BOLOÑESA LOMO AL HORNO SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL Kcal: 684,787 Prot (g): 35,496 Lip (g): 23,238 HC (g): 78,289	ALUBIAS ESTOFADAS CON ACELGAS POLLO TIKA MASALA PATATAS ASADAS CON AJO Y TOMILLO FRUTA FRESCA PAN BLANCO Kcal: 461,642 Prot (g): 22,251 Lip (g): 15,127 HC (g): 57,81	ARROZ FRITO CON YORK MERLUZA AL HORNO TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO Kcal: 587,48 Prot (g): 25,469 Lip (g): 25,975 HC (g): 59,02	LENTEJAS ESTOFADAS CARRILLADA EN SALSA ENSALADA MIXTA YOGUR PAN BLANCO Kcal: 603,699 Prot (g): 38,781 Lip (g): 24,122 HC (g): 52,259	SALMOREJO CASERO TORTILLA FRANCESA ENSALADA DE LECHUGA, ZANAHORIA Y REMOLACHA FRUTA FRESCA PAN BLANCO Kcal: 475,439 Prot (g): 19,096 Lip (g): 16,315 HC (g): 63,274
26	27	28	29	30
MACARRONES AGLIO-OLIO CON PAVO Y CEBOLLINO GALLO A LA ROTEÑA ENSALADA DE COL YOGUR PAN INTEGRAL Kcal: 503,322 Prot (g): 31,613 Lip (g): 12,485 HC (g): 62,352	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASERO TORTILLA DE CALABACÍN PLANCHA ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO Kcal: 461,642 Prot (g): 22,251 Lip (g): 15,127 HC (g): 57,81	ARROZ CON SALSA DE TOMATE CINTA DE LOMO A LA PLANCHA CALABACÍN ASADO FRUTA FRESCA PAN BLANCO Kcal: 659,023 Prot (g): 29,003 Lip (g): 17,53 HC (g): 93,05	ESTOFADO DE PATATAS CON MAGRO REVUELTO ENSALADA DE TOMATE FRUTA FRESCA PAN BLANCO Kcal: 653,225 Prot (g): 24,021 Lip (g): 23,454 HC (g): 81,313	CREMA DE CALABACÍN CON CEBOLLA CRUJIENTE CALDERETA DE POLLO (TOMATE, ZANAHORIA, PIMIENTO) PATATAS AL VAPOR CON SOFRITO DE AJOS FRUTA FRESCA PAN BLANCO Kcal: 666,058 Prot (g): 22,235 Lip (g): 23,124 HC (g): 86,022



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			01 RICE WITH HOMEMADE TOMATO SAUCE MEGRIM IN GREEN SAUCE LETTUCE, CORN AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 568,519 Prot (g): 21,765 Lip (g): 11.293 HC (g): 90.79	02 HOMEMADE POULTRY SOUP WITH HARD-BOILED EGG GARNISH GERMAN-STYLE BEEF STEW LETTUCE, TOMATO AND FRESH CHEESE SALAD YOGURT FRESH BREAD Kcal: 627,263 Prot (g): 34,811 Lip (g): 20,49 HC (g): 69,16
05 WHOLE WHEAT CARBONARA MACARONI (CREAM, BACON) SALMON IN SOY SAUCE LETTUCE, CARROT AND BEETROOT SALAD FRESH FRUIT WHOLEMALE BREAD Kcal: 555,246 Prot (g): 23,739 Lip (g): 11,902 HC (g): 83,629	06 HOMEMADE POULTRY SOUP WITH HARD-BOILED EGG GARNISH AND CROUTONS BAKED PORK LOIN TOMATO, CUCUMBER AND BLACK OLIVE SALAD NATURAL YOGURT WITH FOREST FRUIT COULIS FRESH BREAD Kcal: 499,997 Prot (g): 31,09 Lip (g): 20,735 HC (g): 44,593	07 WHITE BEAN STEW WITH ZUCCHINI, GREEN BEANS, CARROT AND PEPPERS STEWED CHICKEN IN HONEY MUSTARD SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD Kcal: 587,562 Prot (g): 25,507 Lip (g): 33,54 HC (g): 43,85	08 HOMEMADE GAZPACHO POTATO AND MOZZARELLA CHEESE SCRAMBLED EGGS ROASTED ZUCCHINI FRESH FRUIT FRESH BREAD Kcal: 564,624 Prot (g): 24,449 Lip (g): 25,09 HC (g): 562,01	09 MIXED PAELLA (CHICKEN, SEAFOOD) THAI-STYLE TURKEY SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD Kcal: 571,548 Prot (g): 35,932 Lip (g): 21,085 HC (g): 56,006
12 SCHOOL HOLIDAY	13 LENTIL STEW WITH CARROT, PEPPER AND ONION LEMON CHICKEN FILLET LETTUCE, TOMATO AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 647,952 Prot (g): 34,18 Lip (g): 20,242 HC (g): 73,166	14 YELLOW-STYLE PEAS WITH SERRANO HAM STEWED PORK IN SAUCE LETTUCE, RED CABBAGE AND RAISIN SALAD YOGURT FRESH BREAD Kcal: 542,559 Prot (g): 38,958 Lip (g): 19,915 HC (g): 45,9	15 POTATO STEW WITH LEAN PORK FRENCH OMELETTE LETTUCE, CORN AND OLIVE SALAD FRESH FRUIT FRESH BREAD Kcal: 595,965 Prot (g): 26,41 Lip (g): 21,449 HC (g): 74,148	16 RICE WITH HOMEMADE TOMATO SAUCE BAKED COD IN PIPERRADA (PEPPER, ONION, TOMATO) SAUTÉED CAULIFLOWER FRESH FRUIT FRESH BREAD Kcal: 666,058 Prot (g): 22,235 Lip (g): 23,124 HC (g): 86,022
19 WHOLE WHEAT MACARONI WITH VEGETABLE AND SOY BOLOGNESE BAKED PORK LOIN 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: 684,787 Prot (g): 35,496 Lip (g): 23,238 HC (g): 78,28	21 FRIED RICE WITH HAM (YORK) BAKED HAKE SEASONED TOMATO SALAD FRESH FRUIT FRESH BREAD Kcal: 461,642 Prot (g): 22,251 Lip (g): 15,12 HC (g): 57,81	22 STEWED LENTILs PORK CHEEKS IN SAUCE MIXED SALAD NATURAL YOGURT WITH TOPPINGS FRESH BREAD Kcal: 587,48 Prot (g): 25,469 Lip (g): 25,975 HC (g): 59,02	23 HOMEMADE SALMOREJO FRENCH OMELETTE LETTUCE, CARROT AND BEETROOT SALAD FRESH FRUIT FRESH BREAD Kcal: 603,699 Prot (g): 38,781 Lip (g): 24,122 HC (g): 52,259
26 WHOLE WHEAT AGLIO-OLIO MACARONI WITH TURKEY AND CHIVES MEGRIM IN SAUCE COLESLAW SALAD YOGURT WHOLEMALE BREAD Kcal: 503,322 Prot (g): 31,613 Lip (g): 12,485 HC (g): 62,352	27 LENTIL STEW WITH CARROT AND HOMEMADE PEPPER SAUTÉ GRILLED ZUCCHINI OMELETTE LETTUCE, CORN AND CARROT SALAD FRESH FRUIT FRESH BREAD Kcal: 461,642 Prot (g): 22,251 Lip (g): 15,127 HC (g): 57,81	28 RICE IN TOMATO SAUCE PORK LOIN WITH APPLE AND ONION CHUTNEY ROASTED ZUCCHINI FRESH FRUIT FRESH BREAD Kcal: 659,023 Prot (g): 29,003 Lip (g): 17,53 HC (g): 93,05	29 POTATO STEW WITH PORK RIBS SCRAMBLED TOMATO SALAD FRESH FRUIT FRESH BREAD Kcal: 653,225 Prot (g): 24,021 Lip (g): 23,454 HC (g): 81,31	30 CREAM OF ZUCCHINI WITH CRISPY ONIONS CHICKEN STEW (TOMATO, CARROT, PEPPER) STEAMED POTATOES WITH SAUTÉED GARLIC FRESH FRUIT FRESH BREAD Kcal: 666,058 Prot (g): 22,235 Lip (g): 23,124 HC (g): 86,022