



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

			01	02
			FESTIVO	NO LECTIVO
05	06	07	08	09
LASASÑA CON QUESO GRATINADO SALMON AL HORNO CHAMPIÑONES FRUTA FRESCA PAN INTEGRAL 628 Kcal-18.5 Lip-33.1 Prot-78.9 HC	CONSOME CARRILLADA EN SALSA PURE DE PATATAS YOGUR PAN BLANCO 722 Kcal-35.9.46 Lip-49.9 Prot-47.8 HC	ALUBIAS CON CHORIZO Y CALABAZA POLLO CON SALSA DE PUERROS Y CIRUELAS VERDURAS SALTEADAS FRUTA FRESCA PAN BLANCO 678 Kcal-27.7 Lip-22.4 Prot-80.1 HC	CREMA DE CALABACIN CON QUESO SUAVE BUÑUELOS DE BACALAO GUISANTES SALTEADOS YOGUR PAN BLANCO 706 Kcal-16.2 Lip-38.3 Prot-92.2 HC	REVUELTO DE PATATAS LOMO EN SALSA DE CHAMPIÑONES Y CAMEMBERT PANACHE DE VERDURAS FRUTA FRESCA PAN BLANCO 678 Kcal-20.1 Lip-18.2 Prot-103 HC
12	13	14	15	16
CANELONES DE CARNE FOGONERO EN SALSA TOMATE ALIÑADO FRUTA FRESCA PAN INTEGRAL 687 Kcal-29.3 Lip-34.1 Prot-67.8 HC	ARROZ NEGRO CON GAMBAS Y ALIOLI TORTILLA FRANCESA ENSALADA DE COL YOGUR PAN BLANCO 783 Kcal-25.4 Lip-26.9 Prot-107 HC	CREMA DE CALABACIN CON TOQUE DE PEREJIL ALBONDIGAS DE POLLO AL CHILINDRON ZANAHORIA BABY FRUTA FRESCA PAN BLANCO 668 Kcal-22.04 Lip-27.90 Prot-85.18 HC	LENTEJAS CON VERDURAS Y JAMON MERLUZA EN SALSA BECHAMEL Y PARMESANO ENSALADA DE SURIMI Y ATUN YOGUR PAN BLANCO 738 Kcal-23.1 Lip-43.3 Prot-84.8 HC	SOPA DE PICADILLO CON FIDEOS TERNERA ESTOFADA PATATAS DADO FRUTA FRESCA PAN BLANCO 927 Kcal-44.6 Lip-41.4 Prot-83.9 HC
19	20	21	22	23
ESPAGUETIS A LOS TRES QUESOS PESCADO AL HORNO PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL 649 Kcal-20.2 Lip-33.3 Prot-80 HC	CREMA DE VERDURAS SALCHICHAS AL VINO PATATAS FRITAS YOGUR PAN BLANCO 821 Kcal-38.3 Lip-31.7 Prot-84 HC	PAELLA MIXTA FILETE DE POLLO A LA PLANCHA CALABAZA ASADA FRUTA FRESCA PAN BLANCO 744 Kcal-25.64 Lip-40.27 Prot-85.36 HC	ALUBIAS PINTAS MERLUZA AL PESTO PISTO YOGUR PAN BLANCO 808 Kcal-40.3 Lip-35.9 Prot-72.3 HC	REVUELTO DE PAVO Y QUESO GORGONZOLA CARNE MECHADA COL CON MAHONESA FRUTA FRESCA PAN BLANCO 676 Kcal-16.1 Lip-36.9 Prot-88.6 HC
26	27	28	29	30
TALLARINES BOLOÑESA ATUN CON CEBOLLA CAMELIZADA VERDURAS SALTEADAS FRUTA FRESCA PAN INTEGRAL 893 Kcal-31.67 Lip-27 Prot-117.63 HC	LENTEJAS CON CALABAZA Y CHORIZO TORTILLA FRANCESA COLIFLOR REBOZADA YOGUR PAN BLANCO 950 Kcal-45.46 Lip-38.92 Prot-95.89 HC	ARROZ CON TOMATE LOMO AL PEDRO XIMENEZ CHAMPIÑONES AL AJILLO FRUTA FRESCA PAN BLANCO 713 Kcal-19.8 Lip-39.3 Prot-89.4 HC	CREMA DE CALABAZA Y CEBOLLINO LOMO DE MERLUZA EN SALSA DE PUERRO Y PIQUILLO PATATAS PANADERAS YOGUR PAN BLANCO 753 Kcal-29.29 Lip-28.25 Prot-71.48 HC	PATATAS GUISADAS CON POLLO Y VERDURAS HAMBURGUESA CON QUESO ZANAHORIA BABY FRUTA FRESCA PAN BLANCO 611 Kcal-16.3 Lip-31.9 Prot-79.4 HC



MENÚ

NOVEMBER 2018

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

			01	02
			SCHOOL HOLIDAY	NO SCHOOL DAY
05	06	07	08	09
LASAGNA WITH GRATIN CHEESE BAKED SALMON MUSHROOMS FRESH FRUIT WHOLEMEAL BREAD 628 Kcal-18.5 Lip-33,1 Prot-78.9 HC	CHICKEN SOUP PORK CHEEK IN SAUCE MASHED POTATOES YOGHURT FRESH BREAD 722 Kcal-35,9.46 Lip-49.9 Prot-47.8 HC	BEANS WITH "CHORIZO" AND PUMPKIN CHICKEN WITH LEEKS AND PLUMS SAUCE SAUTEED VEGETABLES FRESH FRUIT FRESH BREAD 678 Kcal-27.7 Lip-22.4 Prot-80.1 HC	COURGETTE SOUP WITH CHEESE COD FRITTERS SAUTEED PEAS YOGHURT FRESH BREAD 706 Kcal-16.2 Lip-38.3 Prot-92.2 HC	SCRAMBLED POTATOES LOIN IN MUSHROOMS AND CAMEMBERT SAUCE VEGETABLES PANACHE FRESH FRUIT FRESH BREAD 678 Kcal-20.1 Lip-18.2 Prot-103 HC
12	13	14	15	16
MEAT CANNELLONI FISH IN SAUCE TOMATO SALAD FRESH FRUIT WHOLEMEAL BREAD 687 Kcal-29.3 Lip-34.1 Prot-67.8 HC	BLACK RICE WITH PRAWNS AND ALI OLI FRENCH OMELET CABBAGE SALAD YOGHURT FRESH BREAD 783 Kcal-25.4 Lip-26.9 Prot-107 HC	COURGETTE SOUP CHICKEN MEATBALLS IN SAUCE BABY CARROTS FRESH FRUIT FRESH BREAD 668 Kcal-22.04 Lip-27.90 Prot-85.18 HC	LENTILS WITH VEGETABLES AND HAM HAKE IN PARMESAN AND BECHAMEL SAUCE SURIMI AND TUNA SALAD YOGHURT FRESH BREAD 738 Kcal-23.1 Lip-43.3 Prot-84.8 HC	NOODLES SOUP BEEF STEW POTATOES FRESH FRUIT FRESH BREAD 927 Kcal-44.6 Lip-41.4 Prot-83.9 HC
19	20	21	22	23
PASTA IN THREE CHEESES SAUCE BAKED FISH VEGETABLES PANACHE FRESH FRUIT WHOLEMEAL BREAD 649 Kcal-20.2 Lip-33.3 Prot-80 HC	VEGETABLES SOUP SAUSAGES WITH WINE FRIES YOGHURT FRESH BREAD 821 Kcal-38.3 Lip-31.7 Prot-84 HC	MIXED PAELLA GRILLED CHICKEN BAKED PUMPKIN FRESH FRUIT FRESH BREAD 744 Kcal-25.64 Lip-40.27 Prot-85.36 HC	BEANS HAKE IN SAUCE VEGETABLES WITH TOMATO YOGHURT FRESH BREAD 808 Kcal-40.3 Lip-35.9 Prot-72.3 HC	SCRAMBLED TURKEY AND GORGONZOLA CHEESE CHICKEN CROQUETTES CABBAGE WITH MAYONNAISE FRESH FRUIT FRESH BREAD 676 Kcal-16.1 Lip-36.9 Prot-88.6 HC
26	27	28	29	30
PASTA IN BOLOGNESE SAUCE TUNA WITH CARAMELIZED ONION SAUTEED VEGETABLES FRESH FRUIT WHOLEMEAL BREAD 893 Kcal-31.67 Lip-27 Prot-117.63 HC	LENTILS WITH PUMPKIN AND "CHORIZO" FRENCH OMELET BREADED CAWLIFLOWER YOGHURT FRESH BREAD 950 Kcal-45.46 Lip-38.92 Prot-95.89 HC	RICE WITH TOMATO LOIN IN PEDRO XIMENEZ SAUCE GARLIC MUSHROOMS FRESH FRUIT FRESH BREAD 713 Kcal-19.8 Lip-39.3 Prot-89.4 HC	PUMPKIN SOUP HAKE IN LEEKS AND PEPPER SAUCE BAKED POTOTAES YOGHURT FRESH BREAD 753 Kcal-29.29 Lip-28.25 Prot-71.48 HC	POTATOES WITH CHICKEN AND VEGETABLES BURGER WITH CHEESE BABY CARROTS FRESH FRUIT FRESH BREAD 611 Kcal-16.3 Lip-31.9 Prot-79.4 HC