SERUNION EDUCA

BASAL MENU - 1 OPTION

YAGO SCHOOL MÁLAGA
NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Smooth cream of seasonal vegetables Chicken stew Homemade fries Fresh fruit and whole-grain bread	**04** Whole-wheat spaghetti sautéed with turkey Hake stewed in Biscayne-style sauce Fresh cabbage salad Yogurt and white bread	**05** Potatoes stewed with chicken Homemade lentil Bolognese mille-feuille Lettuce and carrot salad Fresh fruit and whole-wheat bread	**06** Cuban-style rice with homemade tomato sauce and an egg Oven-baked fresh sausages Lettuce and cucumber salad Fresh fruit and white bread
09 Macaroni with béchamel sauce Spanish omelet Vegetable ratatouille (pisto) Fresh fruit and white bread	**10** Seasonal vegetable soup with croutons Roasted chicken Oven-baked sliced potatoes with onions Plain yogurt with fruit toppings and whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin, and zucchini Fajitas with soy-based Bolognese Nachos Fresh fruit and white bread	**12** Andalusian Stew Oven-baked salmon marinated with pineapple Lettuce and corn salad Fresh fruit and whole-wheat bread	**13** Indian-style chickpeas Chicken tikka masala Pilaf rice Fresh fruit and white bread
16 Zuccaroni (whole-wheat macaroni with mushroom and pumpkin sauce) Chicken meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Yogurt and white bread	**17** Cream of seasonal vegetable soup Scrambled eggs with Serrano ham Fresh tomato salad (finely chopped) Fresh fruit and whole-grain bread	**18** Homemade chopped-ingredient soup with cooked ham and hard-boiled egg Sicilian-style cod Roasted potatoes Fresh fruit and white bread	**19** Hot Poke (brown rice with egg, salmon, chives, and a soy-mayonnaise dressing) Fried falafel with tzatziki sauce Lettuce and cucumber salad Fresh fruit and whole-wheat bread	**20** Couscous salad with lettuce, tuna, and egg Chicken *al chilindrón* (stewed with peppers and tomatoes) Sautéed spiral pasta Fresh fruit and white bread
23 Brown rice with homemade tomato sauce Fried eggs and fresh sausages Lettuce and sweet corn salad Fresh fruit and white bread	**24** Pumpkin and leek soup Vegetable pizza with onion and mushrooms Sautéed baby carrots Fresh fruit and whole-wheat bread	**25** Chickpeas with spinach Cod with garlic mousseline Pilaf rice Fresh fruit and white bread	**26** Homemade chicken soup with finely chopped meat Roast stuffed turkey with gravy and cranberry sauce Mashed potatoes Chocolate mousse and whole-wheat bread	**27** Tagliatelle with Alfredo sauce Oven-roasted pork with Provençal herbs Battered zucchini Fresh fruit and white bread
30 White bean salad Baked chicken drumsticks with garlic Sautéed rice Yogurt and white bread	**FRESH SEASONAL FRUIT (AUTUMN)** **APPLE, BANANA, PEAR, ORANGE, MANDARIN, AND PERSIMMON** The fruit served may vary depending on availability, with the guarantee that it is always fresh, seasonal fruit.			

The Healthy Route

Embarking on a daily journey towards a healthier, more inclusive, and sustainable life



01 0

Eat well today, grow stronger tomorrow!
Discovering healthy habits for a lifetime.



02 GETTING

At our table, we unite as a team! Embracing togetherness, respecting, and celebrating diversity.

03 SUSTAINABILITY

Nothing goes to waste! Every bite counts in our journey to recycle and nurture the planet.



04 PLAY

Learning through play is the ultimate fun! Noon is our time to laugh and explore together.

DINNER RECOMMENDER

STARTERS

If at school your first course was → For dinner maybe

- *Vegetables* → *Pasta/Rice*
- *Pasta/Rice* → *Vegetables*
- *Pulses* → *Vegetables* or *Pasta/Rice*

SECOND COURSES

You can find the allergen information for each dish in → For dinner maybe

- *Egg* → *meat* or *Fish*
- *Fish* → *Egg* or *meat*
- *Pulses* → *Vegetables* or *Egg*
- *meat* → *Egg* or *Fish*

Fruit or *dairy*

SERUNION EDUCA

You can find the allergen information for each dish in the list attached to this menu.

DOWN España · FACE Federación de Asociaciones de Celíacos de España · Fundación Vicki Bernadet