SERUNION EDUCA

# GLUTEN-FREE DIET (GLUTEN-FREE PASTA AND PRODUCTS)

YAGO SCHOOL MÁLAGA
NOVEMBER 2026

yago school MÁLAGA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **02**<br>**PUBLIC HOLIDAY** | **03**<br>Cream of vegetable soup (green beans, zucchini, pumpkin, carrot)<br>Chicken stew (tomato, carrot, bell pepper)<br>French fries<br>Fresh fruit and gluten-free bread | **04**<br>Gluten-free pasta with garlic and paprika<br>Basque-style stewed hake (tomato, bell pepper, onion)<br>Fresh cabbage salad<br>Fresh fruit and gluten-free bread | **05**<br>Stewed potatoes with chicken<br>Stew white beans with vegetables (tomato, green beans, carrot)<br>Lettuce and carrot salad<br>Fresh fruit and gluten-free bread | **06**<br>Cuban-style rice (tomato sauce, fried egg)<br>Roasted turkey thigh<br>Lettuce and cucumber salad<br>Fresh fruit and gluten-free bread |
| **09**<br>Gluten-free macaroni with homemade tomato sauce<br>Potato and onion omelet<br>Garden-style vegetable stew<br>Fresh fruit and gluten-free bread | **10**<br>Cream of vegetable soup (green beans, zucchini, pumpkin, carrot)<br>Baked/grilled chicken breast<br>Baked potato<br>Plain yogurt and gluten-free bread | **11**<br>Brown rice sautéed with corn, squash, and zucchini<br>Beans sautéed with onion and carrot<br>Fresh tomato salad<br>Fresh fruit and gluten-free bread | **12**<br>Chickpea stew with vegetables<br>Salmon with garlic and parsley infusion<br>Lettuce and sweetcorn<br>Fresh fruit and gluten-free bread | **13**<br>Sautéed chickpeas with onions<br>Baked chicken drumsticks<br>Plain rice<br>Fresh fruit and gluten-free bread |
| **16**<br>Gluten-free macaroni with homemade tomato sauce<br>Grilled/oven-baked pork loin<br>Roasted pumpkin with a touch of pepper<br>Fresh fruit and gluten-free bread | **17**<br>Cream of vegetable soup (green beans, zucchini, pumpkin, carrot)<br>Scrambled eggs with Serrano ham<br>Fresh lettuce and tomato<br>Fresh fruit and gluten-free bread | **18**<br>Homemade stew soup (rice, potato, carrot, and chicken)<br>Sicilian-style stewed cod (tomato sauce, basil, olives)<br>Baked potatoes<br>Fresh fruit and gluten-free bread | **19**<br>Rice with homemade tomato sauce (tomato, onion, carrot, garlic)<br>Chickpea stew with vegetables<br>Lettuce and cucumber salad<br>Fresh fruit and gluten-free bread | **20**<br>Sautéed vegetable medley<br>Chicken drumsticks in chilindrón sauce<br>Sautéed gluten-free pasta spirals<br>Fresh fruit and gluten-free bread |
| **23**<br>Brown rice with homemade tomato sauce<br>Fried eggs<br>Lettuce and sweetcorn<br>Fresh fruit and gluten-free bread | **24**<br>Leek and pumpkin cream soup<br>White beans stewed with vegetables (tomato, green beans, carrot)<br>Sautéed baby carrots<br>Fresh fruit and gluten-free bread | **25**<br>Chickpea and spinach stew<br>Cod with garlic and parsley infusion<br>Plain rice<br>Fresh fruit and gluten-free bread | **26**<br>Homemade vegetable soup with gluten-free noodles<br>Turkey with stroganoff sauce (mushroom, caper)<br>Steamed potato<br>Plain yogurt and gluten-free bread | **27**<br>Gluten-free macaroni with homemade tomato sauce<br>Roast pork with Provençal herbs<br>Lettuce and carrot salad<br>Fresh fruit and gluten-free bread |
| **30**<br>Bean salad (tomato, onion, and bell pepper)<br>Baked chicken drumsticks<br>Sautéed rice (without garlic or onion)<br>Plain yogurt and gluten-free bread | **FRESH SEASONAL FRUIT (AUTUMN)**<br>**APPLE, BANANA, PEAR, ORANGE, MANDARIN, AND PERSIMMON**<br>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*

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