SERUNION EDUCA

LACTOSE-FREE DIET

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Chicken stew (tomato, carrot, bell pepper) French fries Fresh fruit and white or whole-wheat bread	**04** Wholemeal spaghetti with garlic and oil Basque-style stewed hake (tomato, pepper, onion) Fresh cabbage salad Fresh fruit and white or wholemeal bread	**05** Stewed potatoes with chicken Stewed lentils with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Arroz a la cubana (salsa tomate, huevo frito) Muslo de pavo asado Ensalada de lechuga y pepino Fruta fresca y pan blanco o integral
09 Italian-style macaroni Potato and onion omelet Gardener's vegetable stew Fresh fruit and white or whole-wheat bread	**10** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Baked/grilled chicken breast Baked potato Soy yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, squash, and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Chickpea stew with vegetables Salmon with garlic and parsley infusion Lettuce and sweetcorn Fresh fruit and white or wholemeal bread	**13** Chickpeas Indian style Baked chicken drumsticks Plain rice Fresh fruit and white or whole-wheat bread
16 Wholemeal macaroni Italian style Grilled/oven-baked pork loin Roasted pumpkin with a touch of pepper Fresh fruit and white or wholemeal bread	**17** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with Serrano ham Lettuce and fresh tomato Fresh fruit and white or whole-wheat bread	**18** Homemade stew soup (rice, potato, carrot, and chicken) Sicilian-style stewed cod (tomato sauce, basil, olives) Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpeas stewed with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Couscous salad with lettuce, tuna, and egg Chicken drumsticks in chilindrón sauce Sautéed pasta spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweetcorn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin cream soup White beans stewed with vegetables (tomato, green beans, carrot) Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew Cod with garlic and parsley infusion Plain rice Fresh fruit and white or whole-wheat bread	**26** Homemade stew soup (rice, potato, carrot, and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Soy yogurt and white or whole-wheat bread	**27** Neapolitan macaroni (tomato sauce, oregano) Roast pork with Provençal herbs Lettuce and carrot salad Fresh fruit and white or whole-wheat bread
30 Bean salad (tomato, onion, and bell pepper) Baked chicken drumsticks Fried rice (without garlic or onion) Soy yogurt and white or whole-wheat 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 o Pasta/Rice

SECOND COURSES

You can find the allergen information for each dish in		For dinner maybe
Egg	>	meat o Fish
Fish	>	Egg o meat
Pulses	>	Vegetables o Egg
meat	>	Egg o Fish

Fruit o dairy

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

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