SERUNION EDUCA

VEGAN MENU

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) Lentils stewed with vegetables French fries Fresh fruit and white or whole-wheat bread	**04** Wholemeal spaghetti with garlic and oil Spring rolls Fresh cabbage salad Fresh fruit and white or wholemeal bread	**05** Stewed potatoes with vegetables Homemade lentil bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with homemade tomato sauce Fried eggs 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) Scrambled eggs with melted cheese Baked potato Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, squash, and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Chickpea stew with vegetables Potato salad (potato, egg, tomato and black olive) Lettuce and sweetcorn Fresh fruit and white or wholemeal bread	**13** Sautéed spinach with potatoes Indian-style chickpeas Plain rice Fresh fruit and white or whole-wheat bread
16 Zuccaroni- whole-wheat macaroni with mushrooms and diced pumpkin Vegetable meatballs stewed "jardinera" style (with garden vegetables) Roasted pumpkin with a touch of pepper Fresh fruit and white or wholemeal bread	**17** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Homemade potato omelet Lettuce and fresh tomato Fresh fruit and white or whole-wheat bread	**18** Potato salad with bell pepper, onion and olives Stewed lentils with vegetables Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Falafel with spiced yogurt Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Fried spinach croquettes 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 Veggie pizza with onion and mushrooms Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew French-style omelette Plain rice Fresh fruit and white or whole-wheat bread	**26** Homemade vegetable soup with noodles Chickpea and spinach stew Mashed potatoes Yogurt and white or whole-wheat bread	**27** Neapolitan macaroni (tomato sauce, oregano) Falafel bites with tomato sauce Lettuce and carrot salad Fresh fruit and white or whole-wheat bread
30 Sautéed peas bean salad Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.



03 SUSTAINABILITY

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



02 GETTING

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

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

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

SERUNION EDUCA

WITHOUT RAW TOMATO (ALL PREPARATIONS ARE FREE OF RAW TOMATO)

YAGO SCHOOL MÁLAGA

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Baked zucchini Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Chickpeas sautéed with onion Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Whole-wheat macaroni with mushroom cream sauce and diced pumpkin Pork loin (pan-seared/oven-roasted) Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambred eggs with serrano ham Salad lettuce Fresh fruit and white or whole-wheat bread	**18** Homemade picadillo soup with chicken, cooked ham and boiled egg Baked/pan-seared cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin soup Beans sautéed with onion and carrot Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew Cod infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Oven-baked or pan-seared turkey breast fillet Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted pork with provençal herbs Lettuce and carrot salad Fresh fruit and white or whole-wheat bread
30 Beans sautéed with garlic and parsley Baked chicken drumsticks Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

SERUNION EDUCA

VEGAN MENU

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) Lentils stewed with vegetables French fries Fresh fruit and white or whole-wheat bread	**04** Spagu¡hetti aglio e olio Veggie burger Fresh cabbage salad Fresh fruit and white or wholemeal bread	**05** Stewed potatoes with vegetables Homemade lentil bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with homemade tomato sauce Stewed chickpeas with vegetables Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Italian-style macaroni Veggie burger Gardener's vegetable stew Fresh fruit and white or whole-wheat bread	**10** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Vegetable meatballs with tomato sauce Baked potato Soy yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, squash, and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Sautéed broccoli Garden-style chickpea stew Mixed salad Fresh fruit and white or wholemeal bread	**13** Sautéed spinach with potatoes Indian-style chickpeas Plain rice Fresh fruit and white or whole-wheat bread
16 Steamed broccoli Vegetable meatballs stewed "jardinera" style (with garden vegetables) Roasted pumpkin with a touch of pepper Soy yogurt and white or wholemeal bread	**17** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Chickpea hummus Lettuce and fresh tomato Fresh fruit and white or whole-wheat bread	**18** Potato salad with bell pepper, onion and olives Stewed lentils with vegetables Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Stewed chickpeas with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Vegetable meatballs Sautéed pasta spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Vegetable and textured soy protein fajitas with an oriental twist mixed salad Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin cream soup White beans stewed with vegetables Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Sautéed broccoli with potatoes Chickpea and spinach stex Plain rice Fresh fruit and white or whole-wheat bread	**26** Homemade vegetable soup with noodles Beans sautéed with garlic and parsley Mashed potatoes Soy yogurt and white or whole-wheat bread	**27** Neapolitan macaroni (tomato sauce, oregano) Veggie burger Lettuce and carrot salad Fresh fruit and white or whole-wheat bread
30 Sautéed peas bean salad 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

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01 0

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02 GETTING

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

03 SUSTAINABILITY

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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.

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

DIET WITHOUT COW'S MILK PROTEIN

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti Hake stewed in the vizcaina style (with tomato, bell pepper and onion) Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Cuban-style rice (tomato sauce, fried egg) Roasted turkey thigh Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Italian-style macaroni Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Soy yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Oven-baked chicken thighs Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Grilled/oven-roasted pork loin Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style 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) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Couscous salad with lettuce, tuna and egg Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Soy yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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** **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.			

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02 GETTING

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04 PLAY

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

MENU FREE FROM MILK PROTEIN AND FISH

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti Baked eggs with pisto Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Cuban-style rice (tomato sauce, fried egg) Roasted turkey thigh Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Italian-style macaroni Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Soy yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Sautéed scrambled eggs lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Oven-baked chicken thighs Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Grilled/oven-roasted pork loin Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup (rice, potato, carrot and chicken) French-style omelette Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 French-style omelette Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Soy yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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** **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.			

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04 PLAY

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

MENU WITHOUT FISH OR SHELLFISH

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Baked eggs with pisto Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Homemade lentil bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Homemade vainilla custard and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Sautéed pinto beans with a smoky soy crumble Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Veal steak (oven-roasted/grilled) lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade picadillo soup with chicken, cooked ham and boiled egg French-style omelette Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Homemade rice pudding and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs with sausages Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 French-style omelette Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted pork with provençal herbs Lettuce and carrot salad Panna cotta and white or whole-wheat bread
30 Bean salad (tomato, onion and bell pepper) Baked chicken drumsticks Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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04 PLAY

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

MENU FREE FROM FISH, NUTS AND PEANUTS

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Baked eggs with pisto Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Veal steak (oven-roasted/grilled) lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup French-style omelette Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs with sausages Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 French-style omelette Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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

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03 SUSTAINABILITY

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02 GETTING

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04 PLAY

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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

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

SERUNION EDUCA

MENU WITHOUT SHELLFISH

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Baked eggs with pisto Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Homemade lentil bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Homemade vainilla custard and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Veal steak (oven-roasted/grilled) lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade picadillo soup with chicken, cooked ham and boiled egg French-style omelette Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Couscous salad with lettuce, tuna and egg Chicken drumsticks "al chilindrón" Sautéed plain spirals Homemade rice pudding and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs with sausages Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 French-style omelette Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted pork with provençal herbs Lettuce and carrot salad Panna cotta and white or whole-wheat bread
30 Bean salad (tomato, onion and bell pepper) Baked chicken drumsticks Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

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

SERUNION EDUCA

MENU FREE FROM LACTOSE AND CHICKPEAS

YAGO SCHOOL MÁLAGA
NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Cuban-style rice (tomato sauce, fried egg) Roasted turkey thigh Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread
09 Italian-style pasta Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked / grilled chicken breast Oven-baked sliced potatoes Soy yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Potatoes stewed with rice Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Homemade chicken noodle soup Baked chicken thighs Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Grilled/oven-roasted pork loin Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with Serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup (rice, potato, carrot, and chicken) Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** rice with homemade tomato sauce Beans sautéed with garlic and parsley Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Couscous salad with lettuce, tuna, and egg Chicken drumsticks *al chilindrón* (in a pepper and tomato sauce) Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin soup Beans sautéed with onion and carrot Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Lentils stewed with vegetables Cod infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade stew-style soup (rice, potato, carrot, and chicken) Turkey in Stroganoff sauce (mushrooms, capers) Steamed potato Soy Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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

SERUNION EDUCA

EGG AND YEAST-FREE MENU (THE PREPARATIONS WILL BE WITHOUT YEAST)

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Aglio-olio whole spaghetti Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Roasted turkey thigh Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Italian-style macaroni Lean pork in tomato sauce Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Baked chicken thigh Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Pan-seared/oven. Roasted pork loin Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Oven-baked or pan-seared turkey breast fillet Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Pan-seared/oven-reasted pork loin Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Oven-baked or pan-seared turkey breast fillet Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

MENU WITHOUT MUSHROOMS OR FUNGI

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Chickpeas sautéed with onion Baked chicken thigh Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade picadillo soup with chicken, cooked ham and boiled egg Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Oven-baked or pan-seared turkey breast fillet Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

GLUTEN-FREE AND LACTOSE-FREE MENU(GLUTEN-FREE PASTA

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

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

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

NUT-FREE MENU

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Beans sautéed with onion and carrot Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Chickpeas sautéed with onion Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Italian-style whole-wheat macaroni Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Homemade potato omelet Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom and caper) Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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01 0

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03 SUSTAINABILITY

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02 GETTING

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04 PLAY

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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

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.

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SERUNION EDUCA

PORK-FREE MENU

YAGO SCHOOL MÁLAGA
NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Homemade lentil Bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Cuban-style rice Poultry sausages (oven-baked/grilled) Lettuce and cucumber salad Homemade vanilla custard and white or whole-wheat bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Sautéed pinto beans with a smoky soy crumble Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Baked salmon with teriyaki sauce and sesame seeds lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Chicken tikka masala Plain white rice Cake and white or whole-wheat bread
16 Zuccaroni-whole-wheat macaroni with mushroom cream sauce and diced Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Homemade potato omelet Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Hot poke(brown rice, egg, salmon, chives, and a mayonnaise-soy dressing) Falafel with spiced yogurt Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin soup Vegetable pizza with onion and mushrooms Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew Cod infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom and caper) Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Beef steak (oven-roasted/grilled) Lettuce and carrot salad Pannacota and white or whole-wheat bread
30 Bean salad (tomato, onion and bell pepper) Baked chicken drumsticks Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

PESCETARIAN MENU

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Lentils stewed with vegetables Chips Fresh fruit and white or whole-wheat bread	**04** Pasta aglio-olio Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Stewed potatoes with vegetables Homemade lentil Bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with homemade tomato sauce Fried eggs Lettuce and cucumber salad Homemade vanilla custard and white or whole-wheat bread
09 Italian-style pasta Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Scrambled eggs with melted cheese Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Indian-style chickpeas Sautéed spinach with potatoes Indian-style chickpeas Cake and white or whole-wheat bread
16 Zuccaroni-whole-wheat macaroni with mushroom cream sauce and diced Vegetable meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Homemade potato omelet Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Potato salad with bell pepper, onion, and olives Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** rice with homemade tomato sauce Falafel with spiced yogurt Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Fried spinach croquettes Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin soup Vegetable pizza with onion and mushrooms Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew Cod infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade vegetable soup with noodles Chickpea and spinach stew Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Falafel bites with tomato sauce Lettuce and carrot salad Pannacota and white or whole-wheat bread
30 Sautéed peas Bean salad Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

OVOLACTOVEGETARIAN MENU

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) Lentils stewed with vegetables French fries Fresh fruit and white or whole-wheat bread	**04** Wholemeal spaghetti with garlic and oil Spring rolls Fresh cabbage salad Fresh fruit and white or wholemeal bread	**05** Stewed potatoes with vegetables Homemade lentil bolognese mille-feuille Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with homemade tomato sauce Fried eggs 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) Scrambled eggs with melted cheese Baked potato Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, squash, and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Chickpea stew with vegetables Potato salad (potato, egg, tomato and black olive) Lettuce and sweetcorn Fresh fruit and white or wholemeal bread	**13** Sautéed spinach with potatoes Indian-style chickpeas Plain rice Fresh fruit and white or whole-wheat bread
16 Zuccaroni- whole-wheat macaroni with mushrooms and diced pumpkin Vegetable meatballs stewed "jardinera" style (with garden vegetables) Roasted pumpkin with a touch of pepper Fresh fruit and white or wholemeal bread	**17** Cream of vegetable soup (green beans, zucchini, pumpkin, carrot) Homemade potato omelet Lettuce and fresh tomato Fresh fruit and white or whole-wheat bread	**18** Potato salad with bell pepper, onion and olives Stewed lentils with vegetables Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Falafel with spiced yogurt Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Fried spinach croquettes 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 Veggie pizza with onion and mushrooms Sautéed baby carrots Fresh fruit and white or wholemeal bread	**25** Chickpea and spinach stew French-style omelette Plain rice Fresh fruit and white or whole-wheat bread	**26** Homemade vegetable soup with noodles Chickpea and spinach stew Mashed potatoes Yogurt and white or whole-wheat bread	**27** Neapolitan macaroni (tomato sauce, oregano) Falafel bites with tomato sauce Lettuce and carrot salad Fresh fruit and white or whole-wheat bread
30 Sautéed peas bean salad Fried rice (without garlic or onion) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

PR10 PROTEIN INTOLERANCE MENU

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Chips Permitted fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Permitted fresh fruit and white or whole-wheat bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Permitted fresh fruit and white or whole-wheat bread	**06** Rice with tomato sauce Grilled fresh pork sausages Lettuce and cucumber salad Permitted fresh fruit and white or whole-wheat bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Permitted fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Permitted fresh fruit and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Fresh tomato salad Permitted fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Permitted fresh fruit and white or whole-wheat bread	**13** Chickpeas sautéed with onion Chicken tikka masala Plain white rice Permitted fresh fruit and white or whole-wheat bread
16 Zuccaroni- whole wheat macaroni with mushroom cream sauce and diced Poultry meatballs stewed with garden vegetables Roasted pumpkin with a hint of pepper Permitted fresh fruit and white or whole-wheat bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Permitted fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup Sicilian-style stewed cod Baked potatoes Permitted fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Permitted fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Permitted fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Fried eggs Lettuce and sweet corn Permitted fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin soup Veggie pizza Sautéed baby carrots Permitted fresh fruit and white or whole-wheat bread	**25** Chickpea and spinach stew Cod infused with garlic and parsley Plain white rice Permitted fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Turkey with stroganoff sauce (mushroom, caper) Steamed potato Permitted fresh fruit and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted pork with provençal herbs Lettuce and carrot salad Permitted 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) Permitted fresh fruit and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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SERUNION EDUCA

LOW-CALORIE MENU (WITHOUT ULTRA-PROCESSED FOODS,

YAGO SCHOOL MÁLAGA

NOVEMBER 2026

yago school MÁLAGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 **PUBLIC HOLIDAY**	**03** Vegetable cream soup (green bean, zucchini, pumpkin carrot) Chicken stew (tomato, carrot, bell pepper) Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**04** Whole wheat aglio-olio spaghetti with turkey and chives Hake stewed vizcaína-style Fresh coleslaw Fresh fruit and white or wholemeal bread	**05** Potatoes stewed with chicken Lentils stewed with vegetables Lettuce and carrot salad Fresh fruit and white or wholemeal bread	**06** Rice with tomato sauce Roasted turkey thigh Lettuce and cucumber salad Fresh fruit and white or wholemeal bread
09 Macaroni with light béchamel sauce Potato and onion omelet Rustic vegetable pisto Fresh fruit and white or whole-wheat bread	**10** Vegetable cream soup Baked/grilled chicken breast Oven-baked sliced potatoes Yogurt and white or whole-wheat bread	**11** Brown rice sautéed with corn, pumpkin and zucchini Fajitas with textured soy bolognese Fresh tomato salad Fresh fruit and white or whole-wheat bread	**12** Garden-style chickpea stew Salmon infused with garlic and parsley lettuce and sweet corn Fresh fruit and white or wholemeal bread	**13** Chickpeas sautéed with onion Chicken tikka masala Plain white rice Fresh fruit and white or whole-wheat bread
16 Zuccaroni- whole wheat macaroni with mushroom cream sauce and diced Pan-seared pork loin Roasted pumpkin with a hint of pepper Fresh fruit and white or wholemeal bread	**17** Vegetable cream soup (green beans, zucchini, pumpkin, carrot) Scrambled eggs with serrano ham Fresh lettuce and tomato Fresh fruit and white or whole-wheat bread	**18** Homemade pot-style soup Sicilian-style stewed cod Baked potatoes Fresh fruit and white or whole-wheat bread	**19** Rice with homemade tomato sauce (tomato, onion, carrot, garlic) Chickpea stew with vegetables Lettuce and cucumber salad Fresh fruit and white or whole-wheat bread	**20** Sautéed vegetable medley Chicken drumsticks "al chilindrón" Sautéed plain spirals Fresh fruit and white or whole-wheat bread
23 Brown rice with homemade tomato sauce Sautéed scrambled eggs Lettuce and sweet corn Fresh fruit and white or whole-wheat bread	**24** Leek and pumpkin 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 infused with garlic and parsley Plain white rice Fresh fruit and white or whole-wheat bread	**26** Homemade pot-style soup (rice, potato, carrot and chicken) Oven-baked or pan-seared turkey breast fillet Steamed potato Yogurt and white or whole-wheat bread	**27** Neapolitan-style macaroni (tomato sauce, oregano) Oven-roasted 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) Yogurt and white or whole-wheat bread	**FRESH SEASONAL FRUIT** **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.			

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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

For dinner maybe

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

Fruit or *dairy*

SERUNION EDUCA

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