



Dishes containing: K AND DAIRY PRODUCTS ■
 GLUTEN ■ COW PROTEINS ■
 EGGS ■
 CELERY ■ SULPHITE ■

VEGETABLES ■
 FISH ■
 NUTS ■

January 2018
 St. Peter's School Barcelona



Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
starter MACARONI NAPOLITANA (homemade tomato sauce) 1 2 3 4 MACARONI BOLOGNESE (MINCED MEAT AND HOMEMADE TOMATO SAUCE) 14 15 17 16	starter BOILED SPINACHES WITH POTATOES RICE WITH VEGETABLES	starter LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH SAUSAGE AND 8 5 6 7 BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 18	starter RICE WITH HOMEMADE TOMATO SAUCE CASSEROLE WITH CUTTLEFISH, SAUSAGES AND PEAS 21 19 20	starter TAGLIARINI CARBONARA (CREAM AND BACON) 9 10 13 11 12 VEGETABLES COUS COUS WITH YOGURTH SAUCE 22 23 24 25 26
main dish CHICKEN CROQUETTES 27 28 29 TUNA PASTY 41 42 43	main dish BAKED LOIN 30 GRILLED PORK SAUSAGES 44	main dish MEAT CROQUETTES 31 32 33 34 GARLIC STYLE RABBIT 45	main dish CHEESE OMELETTE 35 36 37 PORK CHOPS WITH HONEY SAUCE 46 47	main dish HOMEMADE FISH STICKS 38 39 40 STEW LAMB WITH LEMON AND HONEY 48 50 49
side dish JULIENNE LETTUCE	side dish SAUTEED SWEET CORN	side dish LETTUCE AND CARROT SALAD	side dish SEASONED TOMATO	side dish SAUTEED PEAS
dessert FRESH FRUIT	dessert FRESH FRUIT	dessert DAIRY DESSERT	dessert FRESH FRUIT	dessert FRESH FRUIT
Desayunos				
HAM SANDWICH OR FRESH FRUIT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT	TURKEY SANDWICH OR FRESH FRUIT	HOT DOG OR FRESH FRUIT	SAUSAGE SANDWICH OR FRESH FRUIT

Special Dietary Needs

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|--------------------------------------|-----------------------------|---------------------------------------|----------------------------|------------------------------|
| 1. Gluten-free macarronis | 11. Napolitana sauce | 21. Without sausages and wine | 31. Gluten free croquettes | 41. Gluten-free breaded hake |
| 2. Egg-free pasta and without cheese | 12. Napolitana sauce | 22. Gluten free pasta with vegetables | 32. Grilled chicken | 42. Egg-free breaded hake |
| 3. Without cheese | 13. Napolitana sauce | 23. Without yoghurt | 33. Grilled chicken | 43. Ham croquettes |
| 4. Without cheese | 14. Gluten-free pasta | 24. Without yoghurt | 34. Grilled chicken | 44. Grilled pork loin |
| 5. Vegetable lentils | 15. Egg-free pasta | 25. Without raisins | 35. Vegetarian omelette | 45. Cooked without wine |
| 6. Vegetable lentils | 16. Napolitana sauce | 26. Without celery | 36. Plain omelette | 46. Grilled chops pork |
| 7. Boiled mixed vegetables | 17. Napolitana sauce | 27. Gluten-free croquettes | 37. Plain omelette | 47. Grilled chops pork |
| 8. Vegetable lentils | 18. Boiled mixed vegetables | 28. Breaded chicken | 38. Gluten free breaded | 48. Gluten-free flour |
| 9. Gluten-free pasta | 19. Without cuttlefish | 29. Breaded chicken | 39. Egg free breaded | 49. Without celery |
| 10. Egg-free pasta | 20. Without peas | 30. Grilled pork | 40. Grilled chicken | 50. Cooked without wine |

Students can choose to have with seasonal products.
 The food is accompanied by white bread and whole wheat bread at bread.
 Daily menu white and brown bread on Tuesdays and Thursdays thereby.
 All legume and rice are organic.



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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
starter	starter	starter	starter	starter
LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 1 SAUTEED PASTA 11 12	MEAT AND VEGETABLE SOUP WITH PASTA VEGETABLE NOODLES 13 2 3 4 5	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) "TRINXAT DE LA CERDANYA" (SAUTEED CABBAGE AND POTATOES WITH BACO) 6	CUBAN RICE WITH BOILED EGG BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 14 6	"FIDEUA" WITH ALIOLI FRIED RICE (OMELETTE, PEA, CORN, CARROTS AND SMOKED TURKEY) 16 7 8 9 10 15
main dish	main dish	main dish	main dish	main dish
BEEF BURGER 18 17 LOIN STEW 25	GRILLED CHICKEN BREAST GRILLED SALMON WITH PINEAPPLE SAUCE 29 27 28 26	CHEESE OMELETTE 19 20 21 MEAT CROQUETTES 30 31 32 33	GRILLED PORK LOIN BAKED CHICKEN (ONION AND TOMATO) 34	HOMEMADE BREADED COD (FLOUR, EGG AND BREADCRUMBS) 22 23 24 SPRING ROLLS 35 36 37 38
side dish	side dish	side dish	side dish	side dish
GRILLED COURGETTES	ROASTED POTATOES	POTATO CHIPS	SAUTEED PEAS	SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT
Desayunos				
CHEESE SANDWICH OR FRESH FRUIT	TUNA VEGETABLE SANDWICH OR FRESH FRUIT	GRILLED CHICKEN SANDWICH OR FRESH FRUIT	HOT SANDWICH HAM AND CHEESE OR NATURAL FRUIT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT

Special Dietary Needs

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|-----------------------------|-----------------------------|----------------------------|----------------------------|
| 1. green bean with potatoes | 11. Gluten-free pasta | 21. Plain omelette | 31. Grilled chicken |
| 2. Gluten free pasta | 12. Egg-free pasta | 22. Gluten-free breaded | 32. Grilled chicken |
| 3. Egg free pasta | 13. Without soy sauce | 23. Egg-free breaded | 33. Grilled chicken |
| 4. Vegetables soup | 14. Boiled mixed vegetables | 24. Grilled pork | 34. Grilled chicken |
| 5. Without celery | 15. Eggless | 25. Grilled pork loin | 35. Gluten-free croquettes |
| 6. Rice with tomato sauce | 16. Without peas and turkey | 26. Beef with pineapple | 36. Breaded pork loin |
| 7. Gluten-free pasta | 17. Fish burger | 27. Grilled salmon | 37. Breaded pork loin |
| 8. Egg-free pasta | 18. Grilled beef | 28. Grilled salmon | 38. Breaded pork loin |
| 9. Vegetable pasta | 19. Vegetarian omelette | 29. Cooked without wine | |
| 10. Without celery | 20. Plain omelette | 30. Gluten free croquettes | |

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 Daily menu white and brown bread on Tuesdays and Thursdays thereby.
 All legume and rice are organic.



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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<p>starter</p> <p>CAULIFLOWER CHEESE WITH HAM</p> <p>1 2 3 4 5</p> <p>MILANESA RICE (HOMEMADE TOMATO SAUCE, MICED MEAT AND GRATED CHEESE)</p> <p>14 15 16 17</p> <p>main dish</p>	<p>starter</p> <p>VEGETABLE SOUP WITH PASTA</p> <p>6 7 8</p> <p>HOMEMADE STUFFED EGGS</p> <p>19 20 21 22</p> <p>main dish</p>	<p>starter</p> <p>SPIRALS NAPOLITANA (homemade tomato sauce)</p> <p>9 10 11 12</p> <p>SAUTEED PASTA WITH GREEN BEANS AND ONION AND BACON</p> <p>23 24 25 26 27</p> <p>main dish</p>	<p>starter</p> <p>SAUTEED PEAS AND HAM</p> <p>13</p> <p>VEGETABLE LASAGNA</p> <p>28 29 30</p> <p>main dish</p>	<p>starter</p> <p>PUMPKIN AND CARROT SOUP</p> <p>31 32 33</p> <p>NACHOS AVOCADO PEAR AND CHEDDAR SAUCE</p> <p>main dish</p>
<p>side dish</p> <p>BREADED TURKEY (FLOUR, EGG AND BREADCRUMBS)</p> <p>34 35</p> <p>GRILLED TURKEY</p> <p>side dish</p>	<p>side dish</p> <p>MEATBALLS IN SAUCE</p> <p>36 37 38</p> <p>GALICIAN COD (BAKED WITH ONION AND RED PEPPER)</p> <p>42 43</p> <p>side dish</p>	<p>side dish</p> <p>MARINATED DOGFISH</p> <p>39 40 41</p> <p>STUFED MEAT AUBERGINES</p> <p>44 45 46 47 48</p> <p>side dish</p>	<p>side dish</p> <p>GRILLED PORK LOIN</p> <p>49 50 51</p> <p>LAMB AND POTATES STEW</p> <p>side dish</p>	<p>side dish</p> <p>GRILLED CHICKEN BREAST</p> <p>52 53 54 55 56 57 58</p> <p>CHICKEN IN MOLE SAUCE</p> <p>side dish</p>
<p>dessert</p> <p>BAKED TOMATOES</p> <p>dessert</p>	<p>dessert</p> <p>POTATO AND CARROT</p> <p>dessert</p>	<p>dessert</p> <p>MUSHROOM SAUTEED</p> <p>dessert</p>	<p>dessert</p> <p>CHIPS</p> <p>dessert</p>	<p>dessert</p> <p>BOILED RICE</p> <p>dessert</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>DAIRY DESSERT</p>	<p>FRESH FRUIT</p>
Desayunos				
<p>HAM SANDWICH OR FRESH FRUIT</p>	<p>CREAM CHOCOLATE SANDWICH OR FRESH FRUIT</p>	<p>TURKEY SANDWICH OR FRESH FRUIT</p>	<p>HOT DOG OR FRESH FRUIT</p>	<p>SAUSAGE SANDWICH OR FRESH FRUIT</p>

Special Dietary Needs

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|-----------------------|----------------------------|---------------------------------------|------------------------------------|----------------------------------------|-----------------------------------------|
| 1. Without "bechamel" | 11. Without cheese | 21. Tuna omelette | 31. Guacamole on gluten-free toast | 41. Grilled dogfish | 51. Grilled beef |
| 2. Without cheese | 12. Without cheese | 22. Without pickled cucumber | 32. Guacamole on toast | 42. Grilled meat | 52. Gluten-free bread and without broth |
| 3. Without "bechamel" | 13. Sauteed green beans | 23. Gluten-free pasta | 33. Guacamole on toast | 43. Grilled cod | 53. Without broth |
| 4. Without "bechamel" | 14. Rice with tomato sauce | 24. Egg-free pasta | 34. Gluten free breaded | 44. Gluten-free flour | 54. Without broth |
| 5. Without ham | 15. Rice with tomato sauce | 25. Without bacon | 35. Egg free breaded | 45. Without cheese | 55. Without broth and chocolate |
| 6. Gluten free pasta | 16. Meatless | 26. Without bacon | 36. Homemade fishballs | 46. Without bechamel and cheese | 56. Without broth and chocolate |
| 7. Egg free pasta | 17. Rice with tomato sauce | 27. Without bacon | 37. Grilled beef | 47. Chicken burger | 57. Without almonds and nuts |
| 8. Without celery | 18. Rice with tomato sauce | 28. Gluten-free pasta with vegetables | 38. Grilled beef | 48. Stuffed aubergines with vegetables | 58. Without broth |
| 9. Gluten free pasta | 19. Vegetarian omelette | 29. With tomato sauce | 39. Grilled dogfish | 49. Gluten-free flour | |
| 10. Egg free pasta | 20. Ham omelette | 30. With tomato sauce | 40. Grilled beef | 50. Without celery | |

Students can choose to have with seasonal products.
 The food is accompanied by white bread and whole wheat bread at bread.

Daily menu white and brown bread on Tuesdays and Thursdays thereby.
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Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
starter	starter	starter	starter	starter
CHICKEN AND VEGETABLE SOUP WITH PASTA 1 2 3 BOILED POTATOES WITH GREEN BEANS	AMATRICIANA TAGLIARINI (WITH HOMEMADE TOMATO SAUCE AND BACON) 4 5 6 7 8 WHOLEGRAIN PASTA INTEGRAL WITH AUBERGINES AND FRESH TOMATO 9 10	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE 11		
main dish	main dish	main dish	main dish	main dish
GRILLED SAUSAGES 12 NUGGETS 17 18 20 21 19 22 23 24	HOMEMADE FISH STICKS 13 14 15 GRILLED PORK LOIN	BAKED CHICKEN (ONION AND TOMATO) 16 BREADED CHICKEN (FLOUR, EGG AND BREADCRUMBS) 25 26		
side dish	side dish	side dish	side dish	side dish
SAUTEED BEANS WITH GARLIC AND PARSLEY	SEASONED TOMATO	POTATO CHIPS		
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT		
Desayunos				
CHEESE SANDWICH OR FRESH FRUIT	TUNA VEGETABLE SANDWICH OR FRESH FRUIT	GRILLED CHICKEN SANDWICH OR FRESH FRUIT		

Special Dietary Needs

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|----------------------|------------------------------------|------------------------------------|
| 1. Gluten free pasta | 11. Vegetable rice | 21. Breaded chicken (without milk) |
| 2. Egg free pasta | 12. Grilled pork loin | 22. Breaded chicken |
| 3. Without celery | 13. Gluten free breaded | 23. Breaded chicken |
| 4. Gluten free pasta | 14. Egg free breaded | 24. Breaded chicken |
| 5. Egg free pasta | 15. Grilled chicken | 25. Gluten free breaded |
| 6. Napolitana sauce | 16. Grilled chicken | 26. Egg free breaded |
| 7. Napolitana sauce | 17. Gluten free breaded chicken | |
| 8. Napolitana sauce | 18. Egg free breaded chicken | |
| 9. Gluten-free pasta | 19. Breaded chicken | |
| 10. Egg-free pasta | 20. Breaded chicken (without milk) | |

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 The food is accompanied by white bread and whole wheat bread at bread.

Daily menu white and brown bread on Tuesdays and Thursdays thereby.
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