



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

VEGETABLES ■
 FISH ■
 NUTS ■

November 2017
 St. Peter's School Barcelona



Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
starter	starter	starter	starter	starter
		Holiday	RICE WITH VEGETABLES	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 1
main dish	main dish	main dish	CREAM OF LEAK AND POTATO SOUP 2 3	BEANS SALAD (tuna, grated carrots and tomato) 4 5
			BAKED CHICKEN (ONION AND TOMATO) 6	GRILLED PORK LOIN
side dish	side dish	side dish	side dish	GRILLED HAKE FILLET 7
			JULIENNE LETTUCE	MUSHROOM SAUTEED
dessert	dessert	dessert	dessert	dessert
			FRESH FRUIT	FRESH FRUIT
Desayunos				
			HOT DOG OR FRESH FRUIT	SAUSAGE SANDWICH OR FRESH FRUIT

Special Dietary Needs

1. Boiled mixed vegetables
2. Without dairy products
3. Without dairy products
4. Without tuna
5. Mixed salad
6. Grilled chicken
7. Grilled beef

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. Salt, flour and breadcrumbs are organic.
 The breakfast were designed for all students from 1st. and 2nd Primary.
 Snacks aimed at students from all Foundation.



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

Special Dietary Needs

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|----------------------------|-------------------------------|---------------------------------------|-------------------------|-------------------------|
| 1. Gluten free pasta | 11. Napolitana sauce | 21. Gluten free pasta with vegetables | 31. Grilled chicken | 41. Grilled chops pork |
| 2. Egg free pasta | 12. Napolitana sauce | 22. Without yoghurt | 32. Vegetarian omelette | 42. Grilled chops pork |
| 3. Without celery | 13. Gluten-free pasta | 23. Without yoghurt | 33. Plain omelette | 43. Gluten-free flour |
| 4. Vegetable lentils | 14. Egg-free pasta | 24. Without raisins | 34. Plain omelette | 44. Without celery |
| 5. Vegetable lentils | 15. Napolitana sauce | 25. Without celery | 35. Gluten free breaded | 45. Cooked without wine |
| 6. Boiled mixed vegetables | 16. Napolitana sauce | 26. Grilled pork | 36. Egg free breaded | |
| 7. Vegetable lentils | 17. Boiled mixed vegetables | 27. Grilled chicken | 37. Grilled chicken | |
| 8. Gluten-free pasta | 18. Without cuttlefish | 28. Gluten free croquettes | 38. Grilled pork loin | |
| 9. Egg-free pasta | 19. Without peas | 29. Grilled chicken | 39. Grilled chicken | |
| 10. Napolitana sauce | 20. Without sausages and wine | 30. Grilled chicken | 40. 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. Salt, flour and breadcrumbs are organic.
 The breakfast were designed for all students from 1st. and 2nd Primary.
 Snacks aimed at students from all Fundation.



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Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 1</p> <p>SAUTEED PASTA 12 13</p> <p>starter</p>	<p>MEAT AND VEGETABLE SOUP WITH PASTA 2 3 4 5</p> <p>VEGETABLE NOODLES 14</p> <p>starter</p>	<p>CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) 6</p> <p>"TRINXAT DE LA CERDANYA" (SAUTEED CABBAGE AND POTATOES WITH BACO) 15</p> <p>starter</p>	<p>CUBAN RICE WITH BOILED EGG 7</p> <p>BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 15</p> <p>starter</p>	<p>"FIDEUA" WITH ALIOLI 8 9 10 11</p> <p>FRIED RICE (OMELETTE, PEA, CORN, CARROTS AND SMOKED TURKEY) 16 17</p> <p>starter</p>
<p>CHEESE OMELETTE 18 19 20</p> <p>MEAT CROQUETTES 26 27 28 29</p> <p>main dish</p>	<p>GRILLED CHICKEN BREAST 22 21</p> <p>GRILLED SALMON WITH PINEAPPLE SAUCE 33 31 32 30</p> <p>main dish</p>	<p>BEEF BURGER 22 21</p> <p>LOIN STEW 34</p> <p>main dish</p>	<p>GRILLED PORK LOIN 22 21</p> <p>BAKED CHICKEN (ONION AND TOMATO) 35</p> <p>main dish</p>	<p>HOMEMADE BREADED COD (FLOUR, EGG AND BREADCRUMBS) 23 24 25</p> <p>SPRING ROLLS 36 37 38 39</p> <p>main dish</p>
<p>GRILLED COURGETTES 26 27 28 29</p> <p>side dish</p>	<p>ROASTED POTATOES 33 31 32 30</p> <p>side dish</p>	<p>POTATO CHIPS 34</p> <p>side dish</p>	<p>SAUTEED PEAS 35</p> <p>side dish</p>	<p>SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE 36 37 38 39</p> <p>side dish</p>
<p>FRESH FRUIT</p> <p>dessert</p>	<p>FRESH FRUIT</p> <p>dessert</p>	<p>FRESH FRUIT</p> <p>dessert</p>	<p>DAIRY DESSERT</p> <p>dessert</p>	<p>FRESH FRUIT</p> <p>dessert</p>
Desayunos				
<p>COOKED 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. Boiled mixed vegetables | 11. Without celery | 21. Fish burger | 31. Grilled salmon |
| 2. Gluten free pasta | 12. Gluten-free pasta | 22. Grilled beef | 32. Grilled salmon |
| 3. Egg free pasta | 13. Egg-free pasta | 23. Gluten-free breaded | 33. Cooked without wine |
| 4. Vegetables soup | 14. Without soy sauce | 24. Egg-free breaded | 34. Grilled pork loin |
| 5. Without celery | 15. Boiled mixed vegetables | 25. Grilled pork | 35. Grilled chicken |
| 6. Without celery | 16. Eggless | 26. Gluten free croquettes | 36. Gluten-free croquettes |
| 7. Rice with tomato sauce | 17. Without peas and turkey | 27. Grilled chicken | 37. Breaded pork loin |
| 8. Gluten-free pasta | 18. Vegetarian omelette | 28. Grilled chicken | 38. Breaded pork loin |
| 9. Egg-free pasta | 19. Plain omelette | 29. Grilled chicken | 39. Breaded pork loin |
| 10. Vegetable pasta | 20. Plain omelette | 30. Beef with pineapple | |

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. Salt, flour and breadcrumbs are organic.
 The breakfast were designed for all students from 1st. and 2nd Primary.
 Snacks aimed at students from all Foundation.



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Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<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>VEGETABLE SOUP WITH PASTA</p> <p>6 7 8</p> <p>HOMEMADE STUFFED EGGS</p> <p>19 20 21 22</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>SAUTEED PEAS AND HAM</p> <p>13</p> <p>VEGETABLE LASAGNA</p> <p>28 29 30</p>	<p>PUMPKIN AND CARROT SOUP</p> <p>31 32 33</p> <p>NACHOS AVOCADO PEAR AND CHEDDAR SAUCE</p>
<p>BREADED TURKEY (FLOUR, EGG AND BREADCRUMBS)</p> <p>34 35</p> <p>GRILLED TURKEY</p>	<p>MEATBALLS IN SAUCE</p> <p>36 37 38</p> <p>GALICIAN COD (BAKED WITH ONION AND RED PEPPER)</p> <p>43 42</p>	<p>MARINATED DOGFISH</p> <p>39 40 41</p> <p>STUFED MEAT AUBERGINES</p> <p>44 45 46 47 48</p>	<p>GRILLED PORK LOIN</p> <p>49 50 51</p> <p>LAMB AND POTATES STEW</p>	<p>GRILLED CHICKEN BREAST</p> <p>52 53 54 55 56 57 58</p> <p>CHICKEN IN MOLE SAUCE</p>
BAKED TOMATOES	POTATO AND CARROT	MUSHROOM SAUTEED	CHIPS	BOILED RICE
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. 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 | |

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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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 The breakfast were designed for all students from 1st. and 2nd Primary.
 Snacks aimed at students from all Fundation.



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Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
<p>starter</p> <p>CHICKEN AND VEGETABLE SOUP WITH PASTA</p> <p>1 2 3</p> <p>BOILED POTATOES WITH GREEN BEANS</p> <p>main dish</p>	<p>starter</p> <p>AMATRICIANA TAGLIARINI (WITH HOMEMADE TOMATO SAUCE AND BACON)</p> <p>4 5 6 7 8</p> <p>WHOLEGRAIN PASTA INTEGRAL WITH AUBERGINES AND FRESH TOMATO</p> <p>10 11</p> <p>main dish</p>	<p>starter</p> <p>CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION)</p> <p>9</p> <p>LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE</p> <p>12</p> <p>main dish</p>	<p>starter</p> <p>RICE WITH HOMEMADE TOMATO SAUCE</p> <p>MIXED VEGETABLES (POTATOES, CARROTS, GREEN PEAS AND COURGETTES) WITH MAYONNAISE</p> <p>13 14</p> <p>main dish</p>	<p>starter</p>
<p>GRILLED SAUSAGES</p> <p>15</p> <p>NUGGETS</p> <p>21 22 24 25 23 26 27 28</p> <p>side dish</p>	<p>HOMEMADE FISH STICKS</p> <p>16 17 18</p> <p>GRILLED PORK LOIN</p> <p>side dish</p>	<p>BAKED CHICKEN (ONION AND TOMATO)</p> <p>19</p> <p>BREADED CHICKEN (FLOUR, EGG AND BREADCRUMBS)</p> <p>29 30</p> <p>side dish</p>	<p>SPANISH OMELETTE WITH ONION</p> <p>20</p> <p>SCRAMBLED EGGS AND MUSHROOM</p> <p>31</p> <p>side dish</p>	<p>side dish</p>
<p>SAUTEED BEANS WITH GARLIC AND PARSLEY</p> <p>dessert</p>	<p>SEASONED TOMATO</p> <p>dessert</p>	<p>POTATO CHIPS</p> <p>dessert</p>	<p>SAUTEED PEAS</p> <p>dessert</p>	<p>dessert</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>DAIRY DESSERT</p>	<p>FRESH FRUIT</p>	<p>dessert</p>
Desayunos				
<p>COOKED 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>dessert</p>

Special Dietary Needs

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|-----------------------|-------------------------|------------------------------------|-------------------------|
| 1. Gluten free pasta | 11. Egg-free pasta | 21. Gluten free breaded chicken | 31. Vegetarian omelette |
| 2. Egg free pasta | 12. Vegetable rice | 22. Egg free breaded chicken | |
| 3. Without celery | 13. Without mayonnaise | 23. Breaded chicken | |
| 4. Gluten free pasta | 14. Without mayonnaise | 24. Breaded chicken (without milk) | |
| 5. Egg free pasta | 15. Grilled pork loin | 25. Breaded chicken (without milk) | |
| 6. Napolitana sauce | 16. Gluten free breaded | 26. Breaded chicken | |
| 7. Napolitana sauce | 17. Egg free breaded | 27. Breaded chicken | |
| 8. Napolitana sauce | 18. Grilled chicken | 28. Breaded chicken | |
| 9. Without celery | 19. Grilled chicken | 29. Gluten free breaded | |
| 10. Gluten-free pasta | 20. Vegetarian omelette | 30. Egg free breaded | |

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