



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

**VEGETABLES** ■  
**FISH** ■  
**NUTS** ■

October 2018

St. Peter's School Barcelona (C7-PREU)



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE <span style="color: cyan;">1</span></p> <p>COURGETTE SOUP (potato and onion) <span style="color: yellow;">2</span> <span style="color: brown;">3</span> <span style="color: orange;">4</span> <span style="color: pink;">5</span></p> <p>main dish</p>	<p>MAC &amp; CHEESE (by Pepi Lorente)</p> <p>SPAGHETTI NAPOLITANA (homemade tomato sauce) <span style="color: yellow;">6</span> <span style="color: brown;">7</span> <span style="color: orange;">8</span> <span style="color: pink;">9</span></p> <p>main dish</p>	<p>BOILED SPINACHES WITH POTATOES</p> <p>SAUTEED PEAS AND HAM <span style="color: cyan;">10</span></p> <p>main dish</p>	<p>RICE WITH HOMEMADE TOMATO SAUCE</p> <p>CASSEROLE WITH CUTTLEFISH, RIB AND PEAS <span style="color: red;">13</span> <span style="color: blue;">11</span> <span style="color: cyan;">12</span></p> <p>main dish</p>	<p>CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION)</p> <p>PASTA SALAD <span style="color: yellow;">14</span> <span style="color: brown;">15</span></p> <p>main dish</p>
<p>GRILLED STEAK <span style="color: pink;">16</span></p> <p>NUGGETS <span style="color: yellow;">26</span> <span style="color: brown;">27</span> <span style="color: orange;">29</span> <span style="color: pink;">30</span> <span style="color: blue;">28</span> <span style="color: cyan;">31</span> <span style="color: cyan;">32</span> <span style="color: purple;">33</span></p> <p>side dish</p>	<p>COOKED HAM OMELETTE <span style="color: brown;">17</span> <span style="color: cyan;">18</span></p> <p>BAKED GARLIC PORK LOIN</p> <p>side dish</p>	<p>CHICKEN WITH SOY SAUCE AND HONEY (sauce optional) <span style="color: yellow;">19</span> <span style="color: cyan;">20</span></p> <p>ROAST BEEF <span style="color: yellow;">34</span> <span style="color: red;">36</span> <span style="color: pink;">35</span></p> <p>side dish</p>	<p>HAKE IN GREEN SAUCE <span style="color: yellow;">21</span> <span style="color: blue;">22</span> <span style="color: purple;">23</span></p> <p>GALICIAN COD (BAKED WITH ONION AND RED PEPPER) <span style="color: red;">38</span> <span style="color: blue;">37</span></p> <p>side dish</p>	<p>BAKED MARINATED TURKEY <span style="color: yellow;">24</span> <span style="color: red;">25</span></p> <p>GRILLED CHICKEN BURGER <span style="color: brown;">39</span> <span style="color: red;">41</span> <span style="color: cyan;">40</span></p> <p>side dish</p>
<p>LETTUCE, TOMATO AND CORN</p> <p>dessert</p>	<p>ROASTED ONION</p> <p>dessert</p>	<p>GREEN PEPPER STRIPS</p> <p>dessert</p>	<p>SEASONED TOMATO</p> <p>dessert</p>	<p></p> <p>dessert</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>DAIRY DESSERT</p>	<p>FRESH FRUIT</p>
<b>Desayunos</b>				
<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**

- |                                |                         |                                    |                       |                     |
|--------------------------------|-------------------------|------------------------------------|-----------------------|---------------------|
| 1. Vegetable rice              | 11. Without cuttlefish  | 21. Gluten-free flour              | 31. Breaded chicken   | 41. Grilled chicken |
| 2. gluten free pasta           | 12. Without peas        | 22. Meat stew                      | 32. Breaded chicken   |                     |
| 3. pasta without eggs          | 13. Cooked without wine | 23. Without celery                 | 33. Breaded chicken   |                     |
| 4. pasta with napolitana sauce | 14. Gluten-free pasta   | 24. Gluten-free flour              | 34. Gluten-free flour |                     |
| 5. pasta with napolitana sauce | 15. Egg-free pasta      | 25. Not marinated                  | 35. Baked fish        |                     |
| 6. Gluten free pasta           | 16. Plain omelette      | 26. Gluten free breaded chicken    | 36. Grilled beef      |                     |
| 7. Egg free pasta              | 17. Vegetarian omelette | 27. Egg free breaded chicken       | 37. Grilled meat      |                     |
| 8. Without cheese              | 18. Plain omelette      | 28. Breaded chicken                | 38. Grilled cod       |                     |
| 9. Without cheese              | 19. Grilled chicken     | 29. Breaded chicken (without milk) | 39. Grilled chicken   |                     |
| 10. Sauteed green beans        | 20. Grilled chicken     | 30. Breaded chicken (without milk) | 40. Grilled chicken   |                     |

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.



**Dishes containing:** K AND DAIRY PRODUCTS

GLUTEN

EGGS

CELERY

COW PROTEINS

SULPHITE

VEGETABLES

FISH

NUTS

October 2018

St. Peter's School Barcelona (C7-PREU)



Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>starter</p> <p>RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE)</p> <p>POTATOES SOUP WITH TUNA, COOKED HAM AND BOOILED EGGS</p> <p>6 8 9 7 10</p> <p>main dish</p>	<p>starter</p> <p>BAKED BEANS WITH VEGETABLES(BEANS,CARROTS ANS RED PEPPER)</p> <p>1</p> <p>VEGETABLE PAELLA (RED AND GREEN, PEPPERS,ARTICHOKES,LEEK GREEN PEAS AND GREEN BEANS)</p> <p>13 11 12</p> <p>main dish</p>	<p>starter</p> <p>SPACE STYLE MACARONI</p> <p>2 3 4 5</p> <p>LENTIL SALAD</p> <p>14 15</p> <p>main dish</p>	<p>starter</p> <p>BOILED POTATOES WITH GREEN BEANS</p> <p>TAGLIARINI CARBONARA (CREAM AND BACON)</p> <p>16 17 20 18 19</p> <p>main dish</p>	<p>starter</p>
<p>MEATBALLS IN SAUCE</p> <p>23 21 22</p> <p>HAM AND CHEESE STUFFED PORK</p> <p>27 28 29 30 31</p> <p>side dish</p>	<p>GRILLED CHICKEN BREAST</p> <p>COD AND LEEK OMELETTE</p> <p>32 33</p> <p>side dish</p>	<p>PLAIN OMELETTE</p> <p>24</p> <p>BAKED HAKE (ONION AND TOMATO)</p> <p>35 34</p> <p>side dish</p>	<p>PORK WITH AROMATIC HERBS (with thyme, parsley, rosemary)</p> <p>25</p> <p>PORK RIBS WITH BARBACUE SAUCE</p> <p>36 37</p> <p>side dish</p>	<p>side dish</p>
<p>GARDEN VEGETABLES</p> <p>dessert</p>	<p>GRILLED COURGETTES</p> <p>dessert</p>	<p>BAKED POTATOES</p> <p>dessert</p>	<p>MUSHROOM SAUTEED</p> <p>dessert</p>	<p>dessert</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>
<b>Desayunos</b>				
<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**

- |                            |                            |                         |                            |
|----------------------------|----------------------------|-------------------------|----------------------------|
| 1. Boiled mixed vegetables | 11. Without peas           | 21. Homemade fishballs  | 31. Breaded pork loin      |
| 2. Gluten-free pasta       | 12. Without celery         | 22. Grilled beef        | 32. Vegetarian omelette    |
| 3. Egg-free pasta          | 13. Sauteed vegetable rice | 23. Grilled beef        | 33. Plain omelette         |
| 4. Napolitana sauce        | 14. Tunaless               | 24. Vegetarian omelette | 34. Grilled beef           |
| 5. Napolitana sauce        | 15. Mixed salad            | 25. Gluten-free sauce   | 35. Grilled hake           |
| 6. Without boiled egg      | 16. Gluten-free pasta      | 26. Grilled pork        | 36. Gluten-free flour      |
| 7. Without tuna            | 17. Egg-free pasta         | 27. Gluten-free breaded | 37. Cooked without vinegar |
| 8. Lactose free            | 18. Napolitana sauce       | 28. Breaded eggless     |                            |
| 9. Lactose free            | 19. Napolitana sauce       | 29. Breaded pork loin   |                            |
| 10. Without ham            | 20. Napolitana sauce       | 30. Breaded pork loin   |                            |

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.



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

**VEGETABLES** ■  
**FISH** ■  
**NUTS** ■

October 2018

St. Peter's School Barcelona (C7-PREU)



Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
starter	starter	starter	starter	starter
RICE CASSEROLE WITH PUMPKIN  1 2 CASSEROLE WITH CUTTLEFISH, SAUSAGES AND PEAS 13 11 12	BOILED SPINACHES WITH POTATOES  RICE WITH VEGETABLES	LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH SAUSAGE AND 6 3 4 5 BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 14	CHICKEN AND VEGETABLE SOUP WITH PASTA  7 8 9 MACARONI BOLOGNESE (MINCED MEAT AND HOMEMADE TOMATO SAUCE) 15 16 18 17	SEASONAL VEGETABLE SOUP  10 VEGETABLES COUS COUS WITH YOGURTH SAUCE 19 20 21 22 23
main dish	main dish	main dish	main dish	main dish
BAKED HAKE (ONION AND TOMATO) 25 24 PORK CHOPS WITH HONEY SAUCE 33 34	MEAT CROQUETTES 26 27 28 29 GRILLED PORK SAUSAGES 35	"CHIMICHURRI" GRILLED PORK LOIN 30 GARLIC STYLE RABBIT 36	TURKEY STEW 31 COD CROQUETTES 37 38 40 41 39	BAKED CHICKEN (ONION AND TOMATO) 32 STEW LAMB WITH LEMON AND HONEY 42 44 43
side dish	side dish	side dish	side dish	side dish
FRIED AUBERGINES WITH HONEY SAUCE	SAUTEED SWEET CORN	MIXED SALAD WITH STRAWBERRY JAM VINAIGRETTE	MUSHROOM SAUTEED	SAUTEED PEAS
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT	FRESH FRUIT
<b>Desayunos</b>				
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**

- |                              |                                       |                            |                              |                         |
|------------------------------|---------------------------------------|----------------------------|------------------------------|-------------------------|
| 1. Sauteed rice with cabbage | 11. Without cuttlefish                | 21. Without yoghurt        | 31. Grilled turkey           | 41. Breaded fish        |
| 2. Sauteed rice with cabbage | 12. Without peas                      | 22. Without raisins        | 32. Grilled chicken          | 42. Gluten-free flour   |
| 3. Vegetable lentils         | 13. Without sausages and wine         | 23. Without celery         | 33. Grilled chops pork       | 43. Without celery      |
| 4. Vegetable lentils         | 14. Boiled mixed vegetables           | 24. Grilled beef           | 34. Grilled chops pork       | 44. Cooked without wine |
| 5. Boiled mixed vegetables   | 15. Gluten-free pasta                 | 25. Grilled hake           | 35. Grilled pork loin        |                         |
| 6. Vegetable lentils         | 16. Egg-free pasta                    | 26. Gluten free croquettes | 36. Cooked without wine      |                         |
| 7. Gluten free pasta         | 17. Napolitana sauce                  | 27. Grilled chicken        | 37. Gluten free croquettes   |                         |
| 8. Egg free pasta            | 18. Napolitana sauce                  | 28. Grilled chicken        | 38. Breaded fish without egg |                         |
| 9. Without celery            | 19. Gluten free pasta with vegetables | 29. Grilled chicken        | 39. Meat croquettes          |                         |
| 10. Without celery           | 20. Without yoghurt                   | 30. Grilled pork loin      | 40. Breaded fish             |                         |

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.



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

**VEGETABLES** ■  
**FISH** ■  
**NUTS** ■

October 2018

St. Peter's School Barcelona (C7-PREU)



Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<small>starter</small>	<small>starter</small>	<small>starter</small>	<small>starter</small>	<small>starter</small>
RICE WITH VEGETABLES  SAUTEED PASTA  <span style="color: yellow;">5</span> <span style="color: brown;">6</span>	STUFFED CHICKPEAS WITH VEGETABLES, COMINO AND THIME  VEGETABLE NOODLES  <span style="color: cyan;">1</span>  <span style="color: cyan;">7</span>	PUMPKIN SOUP (POTATO AND ONION)  "TRINXAT DE LA CERDANYA" (SAUTEED CABBAGE AND POTATOES WITH BACO)	SPAGHETTI WITH AROMATIC HERBS  BAKED BEANS WITH VEGETABLES(BEANS,CARROTS AND RED PEPPER)  <span style="color: yellow;">2</span> <span style="color: brown;">3</span> <span style="color: red;">4</span> <span style="color: cyan;">8</span>	BOILED POTATO, CARROT AND BROCCOLI  FRIED RICE (OMELETTE, PEA, CORN, CARROTS AND SMOKED TURKEY)  <span style="color: brown;">9</span> <span style="color: cyan;">10</span>
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
BEEF STEW  <span style="color: yellow;">11</span> <span style="color: red;">14</span> <span style="color: pink;">12</span> <span style="color: purple;">13</span>  SCRAMBLED EGGS WITH HAM  <span style="color: brown;">21</span> <span style="color: orange;">22</span> <span style="color: pink;">23</span>	GRILLED PORK SAUSAGES  GRILLED SALMON WITH PINEAPPLE SAUCE  <span style="color: red;">15</span> <span style="color: red;">27</span> <span style="color: orange;">25</span> <span style="color: pink;">26</span> <span style="color: blue;">24</span>	CHICKEN BROASTER STYLE  LOIN STEW  <span style="color: yellow;">28</span> <span style="color: red;">31</span> <span style="color: pink;">29</span> <span style="color: purple;">30</span>	COD WITH RATATOUILLE WITH SPINACH JUICE  BAKED CHICKEN (ONION AND TOMATO)  <span style="color: blue;">16</span> <span style="color: red;">32</span>	TURKEY WITH AROMATIC HERBS  SPRING ROLLS  <span style="color: yellow;">17</span> <span style="color: red;">20</span> <span style="color: pink;">18</span> <span style="color: purple;">19</span> <span style="color: yellow;">33</span> <span style="color: blue;">34</span> <span style="color: green;">35</span> <span style="color: cyan;">36</span>
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
DICED POTATOES	GLAZED CARROTS WTH LEMON	COUS COUS	SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE	SAUTEED PEAS
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT
<b>Desayunos</b>				
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**

- |                              |                             |                           |                            |
|------------------------------|-----------------------------|---------------------------|----------------------------|
| 1. green beans with potatoes | 11. Gluten-free flour       | 21. Grilled chicken       | 31. Grilled pork loin      |
| 2. gluten free bread         | 12. Grilled fish            | 22. Plain omelette        | 32. Grilled chicken        |
| 3. bread without eggs        | 13. Grilled beef            | 23. Plain omelette        | 33. Gluten-free croquettes |
| 4. without vine              | 14. Grilled beef            | 24. Beef with pineapple   | 34. Breaded pork loin      |
| 5. Gluten-free pasta         | 15. Grilled pork loin       | 25. Grilled salmon        | 35. Breaded pork loin      |
| 6. Egg-free pasta            | 16. chicken with vegetables | 26. Grilled salmon        | 36. Breaded pork loin      |
| 7. Without soy sauce         | 17. Gluten-free flour       | 27. Cooked without wine   |                            |
| 8. Boiled mixed vegetables   | 18. Grilled turkey          | 28. grilled pork          |                            |
| 9. Eggless                   | 19. Without celery          | 29. grilled pork          |                            |
| 10. Without peas and turkey  | 20. Cooked without wine     | 30. cooked 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.  
All legume and rice are organic.



**Dishes containing:**

- GLUTEN
- EGGS
- CELERY


- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

October 2018

St. Peter's School Barcelona (C7-PREU)



Monday 29 <small>starter</small>	Tuesday 30 <small>starter</small>	Wednesday 31 <small>starter</small>	Thursday 1 <small>starter</small>	Friday 2 <small>starter</small>
LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) <span style="float: right;">1</span>  MILANESA RICE (HOMEMADE TOMATO SAUCE, MICED MEAT AND GRATED CHEESE) <span style="float: right;">9</span> <small>6 10 7 8</small>	MEAT AND VEGETABLE SOUP WITH PASTA <span style="float: right;">5</span>  MACARONI A LA CARBONARA (CREAM AND BACON) <span style="float: right;">14</span> <small>2 3 11 12 15 13</small>	EYE POPPING PUMPKIN SOUP  SHEPHERD'S PIE		
BEEF BURGER <span style="float: right;">16</span>  SMOKED TURKEY OMELETTE <span style="float: right;">21</span> <small>17 20</small>	SALMON IN GARLIC SAUCE <span style="float: right;">18</span>  GALICIAN COD (BAKED WITH ONION AND RED PEPPER) <span style="float: right;">22</span> <small>19 23</small>	CREEPY STICKY HONEY-GARLIC WINGS  QUINOA WITH VEGETABLES		
MUSHROOM SAUTEED	BAKED TOMATOES	CHIPS		
FRESH FRUIT	FRESH FRUIT	STRAWBERRY JELLY		
Desayunos				
HAM SANDWICH OR FRESH FRUIT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT	TURKEY SANDWICH OR FRESH FRUIT		
				

Special Dietary Needs

- |                             |                           |                    |
|-----------------------------|---------------------------|--------------------|
| 1. green bean with potatoes | 11. Gluten free macaron   | 21. Plain omelette |
| 2. Gluten-free pasta        | 12. Egg-free pasta        | 22. Grilled meat   |
| 3. Egg-free pasta           | 13. Macarronis napolitana | 23. Grilled cod    |
| 4. Vegetables soup          | 14. Macarronis napolitana |                    |
| 5. Celeryless               | 15. Napolitana sauce      |                    |
| 6. Rice with tomato sauce   | 16. Fish burger           |                    |
| 7. Rice with tomato sauce   | 17. Grilled beef          |                    |
| 8. Meatless                 | 18. Grilled pork loin     |                    |
| 9. Rice with tomato sauce   | 19. Grilled salmon        |                    |
| 10. Rice with tomato sauce  | 20. Vegetarian omelette   |                    |

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.