



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

VEGETABLES ■
 FISH ■
 NUTS ■

October 2018
 St. Peter's School BCN (N3-C6)



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
starter LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE 1	starter MAC & CHEESE (by Pepi Lorente) 2 3 4 5	starter BOILED SPINACHS WITH POTATOES	starter RICE WITH HOMEMADE TOMATO SAUCE	starter CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION)
main dish GRILLED STEAK 6	main dish COOKED HAM OMELETTE 7 8	main dish CHICKEN WITH SOY SAUCE AND HONEY (sauce optional) 9 10	main dish HAKE IN GREEN SAUCE 11 12 13	main dish BAKED MARINATED TURKEY 14 15
side dish LETTUCE, TOMATO AND CORN	side dish ROASTED ONION	side dish GREEN PEPPER STRIPS	side dish SEASONED TOMATO	side dish
dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert DAIRY DESSERT	dessert FRESH FRUIT
Desayunos / Meriendas				
BISCUITS AND DRINK YOGHURT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT	HAM SANDWICH	FRESH FRUIT	CHEESE AND STICK BREAD

Special Dietary Needs

- 1. Vegetable rice
- 2. gluten free pasta
- 3. pasta without eggs
- 4. pasta with napolitana sauce
- 5. pasta with napolitana sauce
- 6. Plain omelette
- 7. Vegetarian omelette
- 8. Plain omelette
- 9. Grilled chicken
- 10. Grilled chicken
- 11. Gluten-free flour
- 12. Meat stew
- 13. Without celery
- 14. Gluten-free flour
- 15. Not marinated

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.
 The fresh fruit and yoghurt breakfast were designed only to students of 1st. and 2nd Primary.
 Snacks aimed at students from all Foundation.



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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
starter RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE)	starter BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 1	starter SPACE STYLE MACARONI 2 3 4 5	starter BOILED POTATOES WITH GREEN BEANS	starter HOLIDAY
main dish MEATBALLS IN SAUCE 8 6 7	main dish GRILLED CHICKEN BREAST	main dish PLAIN OMELETTE 9	main dish PORK WITH AROMATIC HERBS (with thyme, parsley, rosemary) 10 11	main dish
side dish GARDEN VEGETABLES	side dish GRILLED COURGETTES	side dish BAKED POTATOES	side dish MUSHROOM SAUTEED	side dish
dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert
Desayunos / Meriendas				
HAM SANDWICH	FRESH FRUIT	CHEESE SANDWICH	FRESH FRUIT	

Special Dietary Needs

- 1. Boiled mixed vegetables
- 2. Gluten-free pasta
- 3. Egg-free pasta
- 4. Napolitana sauce
- 5. Napolitana sauce
- 6. Homemade fishballs
- 7. Grilled beef
- 8. Grilled beef
- 9. Vegetarian omelette
- 10. Gluten-free sauce
- 11. Grilled pork

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
starter	starter	starter	starter	starter
RICE CASSEROLE WITH PUMPKIN 1 2	BOILED SPINACHES WITH POTATOES	LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH SAUSAGE AND 6 3 4 5	CHICKEN AND VEGETABLE SOUP WITH PASTA 7 8 9	SEASONAL VEGETABLE SOUP 10
main dish	main dish	main dish	main dish	main dish
BAKED HAKE (ONION AND TOMATO) 12 11	MEAT CROQUETTES 13 14 15 16	"CHIMICHURRI" GRILLED PORK LOIN 17	TURKEY STEW 18	BAKED CHICKEN (ONION AND TOMATO) 19
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
Desayunos / Meriendas				
BISCUITS AND DRINK YOGHURT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT	HAM SANDWICH	FRESH FRUIT	CHEESE AND STICK BREAD

Special Dietary Needs

- 1. Sauteed rice with cabbage
- 2. Sauteed rice with cabbage
- 3. Vegetable lentils
- 4. Vegetable lentils
- 5. Boiled mixed vegetables
- 6. Vegetable lentils
- 7. Gluten free pasta
- 8. Egg free pasta
- 9. Without celery
- 10. Without celery
- 11. Grilled beef
- 12. Grilled hake
- 13. Gluten free croquettes
- 14. Grilled chicken
- 15. Grilled chicken
- 16. Grilled chicken
- 17. Grilled pork loin
- 18. Grilled turkey
- 19. Grilled chicken

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
starter RICE WITH VEGETABLES	starter STUFFED CHICKPEAS WITH VEGETABLES, COMINO AND THIME 1	starter PUMPKIN SOUP (POTATO AND ONION)	starter SPAGHETTI WITH AROMATIC HERBS 2 3 4	starter BOILED POTATO, CARROT AND BROCCOLI
main dish BEEF STEW 5 8 6 7	main dish GRILLED PORK SAUSAGES 9	main dish CHICKEN BROASTER STYLE	main dish COD WITH RATATOUILLE WITH SPINACH JUICE 10	main dish TURKEY WITH AROMATIC HERBS 11 14 12 13
side dish DICED POTATOES	side dish GLAZED CARROTS WTH LEMON	side dish COUS COUS	side dish SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE	side dish SAUTEED PEAS
dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert DAIRY DESSERT	dessert FRESH FRUIT
Desayunos / Meriendas				
HAM SANDWICH	FRESH FRUIT	CHEESE SANDWICH	FRESH FRUIT	FRUIT JUICE WITH CUPCAKE

Special Dietary Needs

- 1. green beans with potatoes
- 2. gluten free bread
- 3. bread without eggs
- 4. without vine
- 5. Gluten-free flour
- 6. Grilled fish
- 7. Grilled beef
- 8. Grilled beef
- 9. Grilled pork loin
- 10. chicken with vegetables
- 11. Gluten-free flour
- 12. Grilled turkey
- 13. Without celery
- 14. Cooked without wine

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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) 1	MEAT AND VEGETABLE SOUP WITH PASTA 2 3 4 5	EYE POPPING PUMPKIN SOUP		
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
BEEF BURGER 7 6	SALMON IN GARLIC SAUCE 9 8	CREEPY STICKY HONEY-GARLIC WINGS		
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
MUSHROOM SAUTEED	BAKED TOMATOES	CHIPS		
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
FRESH FRUIT	FRESH FRUIT	STRAWBERRY JELLY		
Desayunos / Meriendas				
BISCUITS AND DRINK YOGHURT	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT	HAM SANDWICH 		

Special Dietary Needs

1. green bean with potatoes
2. Gluten-free pasta
3. Egg-free pasta
4. Vegetables soup
5. Celeryless
6. Fish burger
7. Grilled beef
8. Grilled pork loin
9. Grilled salmon

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