



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

VEGETABLES ■
 FISH ■
 NUTS ■

November 2017

St. Peter's School BCN (N1-C6)



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	main dish	main dish
			BAKED CHICKEN (ONION AND TOMATO) 2	GRILLED PORK LOIN
side dish	side dish	side dish	side dish	side dish
			JULIENNE LETTUCE	MUSHROOM SAUTEED
dessert	dessert	dessert	dessert	dessert
			FRESH FRUIT	FRESH FRUIT
Desayunos / Meriendas				
			FRESH FRUIT TURKEY SANDWICH	CHEESE AND STICK BREAD FRESH FRUIT

Special Dietary Needs

1. Boiled mixed vegetables
2. 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. 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
starter	starter	starter	starter	starter
CHICKEN AND VEGETABLE SOUP WITH PASTA 1 2 3	BOILED SPINACHES WITH POTATOES	LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH SAUSAGE AND 7 4 5 6	RICE WITH HOMEMADE TOMATO SAUCE	TAGLIARINI CARBONARA (CREAM AND BACON) 8 9 12 10 11
main dish	main dish	main dish	main dish	main dish
BAKED LOIN 13	BAKED CHICKEN (ONION AND TOMATO) 14	MEAT CROQUETTES 15 16 17 18	CHEESE OMELETTE 19 20 21	HOMEMADE FISH STICKS 22 23 24
side dish	side dish	side dish	side dish	side dish
FRIED AUBERGINES WITH HONEY SAUCE	SAUTEED SWEET CORN	LETTUCE AND CARROT SALAD	SEASONED TOMATO	SAUTEED PEAS
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT	FRESH FRUIT
Desayunos / Meriendas				
HAM SANDWICH HAM SANDWICH	FRESH FRUIT FRESH FRUIT	CHEESE SANDWICH CHOCOLATE WITH BISCUITS	FRESH FRUIT CHEESE AND STICK BREAD	FRUIT JUICE WITH CUPCAKE FRESH FRUIT

Special Dietary Needs

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|----------------------------|----------------------------|-------------------------|
| 1. Gluten free pasta | 11. Napolitana sauce | 21. Plain omelette |
| 2. Egg free pasta | 12. Napolitana sauce | 22. Gluten free breaded |
| 3. Without celery | 13. Grilled pork | 23. Egg free breaded |
| 4. Vegetable lentils | 14. Grilled chicken | 24. Grilled chicken |
| 5. Vegetable lentils | 15. Gluten free croquettes | |
| 6. Boiled mixed vegetables | 16. Grilled chicken | |
| 7. Vegetable lentils | 17. Grilled chicken | |
| 8. Gluten-free pasta | 18. Grilled chicken | |
| 9. Egg-free pasta | 19. Vegetarian omelette | |
| 10. Napolitana sauce | 20. Plain omelette | |

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Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
starter	starter	starter	starter	starter
LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 1	MEAT AND VEGETABLE SOUP WITH PASTA 2 3 4 5	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) 6	CUBAN RICE WITH BOILED EGG 7	"FIDEUA" WITH ALIOLI 8 9 10 11
main dish	main dish	main dish	main dish	main dish
CHEESE OMELETTE 12 13 14	GRILLED CHICKEN BREAST	BEEF BURGER 16 15	GRILLED PORK LOIN	HOMEMADE BREADED COD (FLOUR, EGG AND BREADCRUMBS) 17 18 19
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 / Meriendas				
BISCUITS AND DRINK YOGHURT CORN FLACKES AND MILK	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT FRESH FRUIT	HAM SANDWICH DRINK YOGHURT AND CUPCAKE	FRESH FRUIT TURKEY SANDWICH	CHEESE AND STICK BREAD FRESH FRUIT

Special Dietary Needs

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|----------------------------|-------------------------|
| 1. Boiled mixed vegetables | 11. Without celery |
| 2. Gluten free pasta | 12. Vegetarian omelette |
| 3. Egg free pasta | 13. Plain omelette |
| 4. Vegetables soup | 14. Plain omelette |
| 5. Without celery | 15. Fish burger |
| 6. Without celery | 16. Grilled beef |
| 7. Rice with tomato sauce | 17. Gluten-free breaded |
| 8. Gluten-free pasta | 18. Egg-free breaded |
| 9. Egg-free pasta | 19. Grilled pork |
| 10. Vegetable pasta | |

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Monday 20 starter	Tuesday 21 starter	Wednesday 22 starter	Thursday 23 starter	Friday 24 starter
CAULIFLOWER CHEESE WITH HAM 1 2 3 4 5	VEGETABLE SOUP WITH PASTA 6 7 8	SPIRALS NAPOLITANA (homemade tomato sauce) 9 10 11 12	SAUTEED PEAS AND HAM 13	PUMPKIN AND CARROT SOUP
main dish	main dish	main dish	main dish	main dish
BREADED TURKEY (FLOUR, EGG AND BREADCRUMBS) 14 15	MEATBALLS IN SAUCE 18 16 17	MARINATED DOGFISH 19 21 20	GRILLED PORK LOIN	GRILLED CHICKEN BREAST
side dish	side dish	side dish	side dish	side dish
BAKED TOMATOES	POTATO AND CARROT	MUSHROOM SAUTEED	CHIPS	BOILED RICE
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT
Desayunos / Meriendas				
HAM SANDWICH HAM SANDWICH	FRESH FRUIT FRESH FRUIT	CHEESE SANDWICH CHOCOLATE WITH BISCUITS	FRESH FRUIT CHEESE AND STICK BREAD	FRUIT JUICE WITH CUPCAKE FRESH FRUIT

Special Dietary Needs

- 1. Without "bechamel"
- 2. Without cheese
- 3. Without "bechamel"
- 4. Without "bechamel"
- 5. Without ham
- 6. Gluten free pasta
- 7. Egg free pasta
- 8. Without celery
- 9. Gluten free pasta
- 10. Egg free pasta
- 11. Without cheese
- 12. Without cheese
- 13. Sauteed green beans
- 14. Gluten free breaded
- 15. Egg free breaded
- 16. Homemade fishballs
- 17. Grilled beef
- 18. Grilled beef
- 19. Grilled dogfish
- 20. Grilled beef
- 21. Grilled dogfish

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Monday 27 starter	Tuesday 28 starter	Wednesday 29 starter	Thursday 30 starter	Friday 1 starter
CHICKEN AND VEGETABLE SOUP WITH PASTA 1 2 3	AMATRICIANA TAGLIARINI (WITH HOMEMADE TOMATO SAUCE AND BACON) 4 5 6 7 8	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) 9	RICE WITH HOMEMADE TOMATO SAUCE	
main dish	main dish	main dish	main dish	main dish
GRILLED SAUSAGES 10	HOMEMADE FISH STICKS 11 12 13	BAKED CHICKEN (ONION AND TOMATO) 14	SPANISH OMELETTE WITH ONION 15	
side dish	side dish	side dish	side dish	side dish
SAUTEED BEANS WITH GARLIC AND PARSLEY	SEASONED TOMATO	POTATO CHIPS	SAUTEED PEAS	
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT	DAIRY DESSERT	FRESH FRUIT	
Desayunos / Meriendas				
BISCUITS AND DRINK YOGHURT CORN FLACKES AND MILK	CREAM CHOCOLATE SANDWICH OR FRESH FRUIT FRESH FRUIT	HAM SANDWICH DRINK YOGHURT AND CUPCAKE	FRESH FRUIT TURKEY SANDWICH	

Special Dietary Needs

- | | |
|-----------------------|-------------------------|
| 1. Gluten free pasta | 11. Gluten free breaded |
| 2. Egg free pasta | 12. Egg free breaded |
| 3. Without celery | 13. Grilled chicken |
| 4. Gluten free pasta | 14. Grilled chicken |
| 5. Egg free pasta | 15. Vegetarian omelette |
| 6. Napolitana sauce | |
| 7. Napolitana sauce | |
| 8. Napolitana sauce | |
| 9. Without celery | |
| 10. Grilled pork loin | |

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