



**Dishes containing:**

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

April 2019

St. Peter's School BCN (N1-N2)



MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
SPIRALS NAPOLITANA (homemade tomato sauce) 1 2 3 4 PORK STEW 5 DICED POTATOES FRESH FRUIT	RICE WITH HOMEMADE TOMATO SAUCE BAKED COD (WITH ONION AND TOMATO) 7 6 GRILLED COURGETTES FRESH FRUIT	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) GRILLED CHICKEN BREAST COUS COUS FRESH FRUIT	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 8 BEEF BURGER 10 9 GARDEN VEGETABLES FRESH FRUIT	"FIDEUA" 11 12 15 13 14 SPANISH OMELETTE WITH ONION 16 ROASTED ONION FRESH FRUIT
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
BOILED POTATO, CARROT AND BROCCOLI MEATBALLS IN SAUCE 19 17 18 MUSHROOM SAUTEED FRESH FRUIT	SPIRALS NAPOLITANA (homemade tomato sauce) 20 21 22 23 CHEESE OMELETTE 24 25 26 SAUTEED PEAS FRESH FRUIT	CARROT SOUP (POTATOES AND ONION) GRILLED CHICKEN BREAST COUS COUS FRESH FRUIT	RICE WITH HOMEMADE TOMATO SAUCE BAKED DOGFISH 28 27 FRIED AUBERGINES WITH HONEY SAUCE FRESH FRUIT	MACARONI NAPOLITANA (homemade tomato sauce) 29 30 31 32 BEEF STEW 33 36 34 35 BOILED CARROTS FRESH FRUIT
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<h1>HOLIDAY</h1>	<h1>HOLIDAY</h1>	<h1>HOLIDAY</h1>	<h1>HOLIDAY</h1>	<h1>HOLIDAY</h1>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<h1>HOLIDAY</h1>	RICE WITH HOMEMADE TOMATO SAUCE MEAT CROQUETTES 37 38 39 40 MUSHROOM SAUTEED FRESH FRUIT	MONKFISH SOUP WITH PASTA 41 42 45 43 44 BAKED CHICKEN (ONION AND TOMATO) 46 SAUTEED BROWN RICE FRESH FRUIT	BOILED CHICKPEAS, POTATOES AND CARROTS 48 47 BAKED COD (WITH ONION AND TOMATO) 50 49 SAUTEED PEAS FRESH FRUIT	BOILED POTATOES WITH GREEN BEANS PLAIN OMELETTE 51 SOY SALAD (CARROTS, SOY AND CORN) FRESH FRUIT
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE 52 BEEF BURGER 54 53 LETTUCE, TOMATO AND CORN FRESH FRUIT	MAC & CHEESE 55 56 57 58 COOKED HAM OMELETTE 59 60 ROASTED ONION FRESH FRUIT			

## Dinners Recommendation

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3

## Special Dietary Needs

- |                             |                                       |                            |                                 |
|-----------------------------|---------------------------------------|----------------------------|---------------------------------|
| 1. Gluten free pasta        | 18. Grilled beef                      | 35. Grilled beef           | 52. Vegetable rice              |
| 2. Egg free pasta           | 19. Grilled beef                      | 36. Grilled beef           | 53. Fish burger                 |
| 3. Without cheese           | 20. Gluten free pasta                 | 37. Gluten free croquettes | 54. Grilled beef                |
| 4. Without cheese           | 21. Egg free pasta                    | 38. Grilled chicken        | 55. gluten free pasta           |
| 5. Grilled pork             | 22. Without cheese                    | 39. Grilled chicken        | 56. pasta without eggs          |
| 6. Grilled chicken          | 23. Without cheese                    | 40. Grilled chicken        | 57. pasta with napolitana sauca |
| 7. Grilled cod              | 24. Vegetarian omelette               | 41. Gluten free pasta      | 58. pasta with napolitana sauce |
| 8. green bean with potatoes | 25. Plain omelette                    | 42. Egg free pasta         | 59. Vegetarian omelette         |
| 9. Fish burger              | 26. Plain omelette                    | 43. Vegetables soup        | 60. Plain omelette              |
| 10. Grilled beef            | 27. Grilled pork                      | 44. Without celery         |                                 |
| 11. Gluten free pasta       | 28. Grilled dogfish                   | 45. Vegetable soup         |                                 |
| 12. Egg free pasta          | 29. Gluten-free macarronis            | 46. Grilled chicken        |                                 |
| 13. Pasta with meat         | 30. Egg-free pasta and without cheese | 47. Boiled rice            |                                 |
| 14. Without celery          | 31. Without cheese                    | 48. Fresh potatoes         |                                 |
| 15. Without wine            | 32. Without cheese                    | 49. Grilled chicken        |                                 |
| 16. Vegetarian omelette     | 33. Gluten-free flour                 | 50. Grilled cod            |                                 |
| 17. Homemade fishballs      | 34. Grilled fish                      | 51. Vegetarian omelette    |                                 |