



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

VEGETABLES ■
FISH ■
NUTS ■

April 2019

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



Monday 1 starter	Tuesday 2 starter	Wednesday 3 starter	Thursday 4 starter	Friday 5 starter
SPIRALS NAPOLITANA (homemade tomato sauce) 1 2 3 4 RICE WITH VEGETABLES	FRIED RICE WITH SAUSAGES AND GREEN BEANS 5 RICE WITH HOMEMADE TOMATO SAUCE	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) 11 FRIED RICE WITH EGG, CARROTS AND SWEETCORN	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 6 SAUTEED PEAS AND HAM 12	"FIDEUA" WITH ALIOLI 7 8 9 10 RICE CASSEROLE WITH VEGETABLES 13 14
PORK STEW 15 BAKED COD (WITH ONION AND TOMATO) 26 25	BAKED COD (WITH ONION AND TOMATO) 17 16 TUNA PASTY 27 28 29	HOMEMADE BREADED CHICKEN BITES WITH FRIED CORN 18 19 20 21 GRILLED CHICKEN BREAST	BEEF BURGER 23 22 BEEF STEW 30 33 31 32	SPANISH OMELETTE WITH ONION 24 GRILLED TURKEY
DICED POTATOES	GRILLED COURGETTES	COUS COUS	GARDEN VEGETABLES	CAMELIZED ONION
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT

Desayunos

Special Dietary Needs

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|-----------------------------|--|------------------------------|------------------|
| 1. Gluten free pasta | 11. Without omelette | 21. Without mayonnaise | 31. Grilled fish |
| 2. Egg free pasta | 12. Sauteed green beans | 22. Fish burger | 32. Grilled beef |
| 3. Without cheese | 13. Without peas | 23. Grilled beef | 33. Grilled beef |
| 4. Without cheese | 14. without celery | 24. Vegetarian omelette | |
| 5. Without sausages | 15. Grilled pork | 25. Grilled chicken | |
| 6. green bean with potatoes | 16. Grilled chicken | 26. Grilled cod | |
| 7. Gluten-free pasta | 17. Grilled cod | 27. Gluten-free breaded hake | |
| 8. Egg-free pasta | 18. Gluten-free breading | 28. Egg-free breaded hake | |
| 9. Vegetable pasta | 19. Egg-free breading and without mayonnaise | 29. Ham croquettes | |
| 10. Without celery | 20. Without dairy products | 30. Gluten-free flour | |

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.



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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>starter</p> <p>BOILED POTATO, CARROT AND BROCCOLI</p> <p>RUSSIAN SALAD</p> <p>6 7 8</p> <p>main dish</p>	<p>starter</p> <p>SAUTEED PASTA WITH GREEN BEANS AND ONION</p> <p>1 2</p> <p>SPIRALS NAPOLITANA (homemade tomato sauce)</p> <p>9 10 11 12</p> <p>main dish</p>	<p>starter</p> <p>CARROT SOUP (POTATOES AND ONION)</p> <p>"GAZPACHO" (COLD TOMATO SOUP)</p> <p>13 14</p> <p>main dish</p>	<p>starter</p> <p>VEGETABLE PAELLA (RED AND GREEN, PEPPERS, ARTICHOKE, LEEK, GREEN BEANS)</p> <p>5 3 4</p> <p>RICE WITH HOMEMADE TOMATO SAUCE</p> <p>main dish</p>	<p>starter</p> <p>PASTA WITH HOMEMADE TOMATO SAUCE</p> <p>1 2</p> <p>NACHOS AVOCADO PEAR AND CHEDDAR SAUCE</p> <p>15 16 17</p> <p>main dish</p>
<p>MEATBALLS IN SAUCE</p> <p>20 18 19</p> <p>PORK WITH AROMATIC HERBS (with thyme, parsley, rosemary)</p> <p>31 32</p> <p>side dish</p>	<p>CHEESE OMELETTE</p> <p>21 22 23</p> <p>GRATIN EGGS WITH TOMATO SAUCE</p> <p>33 34 35 36</p> <p>side dish</p>	<p>GRILLED CHICKEN BREAST</p> <p>TURKEY CURRY STEW</p> <p>39 37 38</p> <p>side dish</p>	<p>MARINATED DOGFISH</p> <p>24 26 25</p> <p>SALMON IN GARLIC SAUCE</p> <p>41 40</p> <p>side dish</p>	<p>BEEF STEW</p> <p>27 30 28 29</p> <p>CHICKEN IN MOLE SAUCE</p> <p>42 43 45 46 44 47 48</p> <p>side dish</p>
<p>MUSHROOM SAUTEED</p> <p>dessert</p>	<p>SAUTEED PEAS</p> <p>dessert</p>	<p>COUS COUS</p> <p>dessert</p>	<p>FRIED AUBERGINES WITH HONEY SAUCE</p> <p>dessert</p>	<p>BOILED CARROTS</p> <p>dessert</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>DAIRY DESSERT</p>	<p>FRESH FRUIT</p>
Desayunos				

Special Dietary Needs

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|--------------------------------|------------------------------------|-------------------------|-----------------------|---|
| 1. Gluten-free pasta | 11. Without cheese | 21. Vegetarian omelette | 31. Gluten-free sauce | 41. Grilled salmon |
| 2. Egg-free pasta | 12. Without cheese | 22. Plain omelette | 32. Grilled pork | 42. Gluten-free bread and without broth |
| 3. Without peas | 13. Without bread | 23. Plain omelette | 33. Eggs with tomato | 43. Without broth |
| 4. Without celery | 14. Mixed salad | 24. Grilled dogfish | 34. Grilled pork | 44. Without broth |
| 5. Sauteed vegetable rice | 15. Guacamole on gluten-free toast | 25. Grilled beef | 35. Eggs with tomato | 45. Without broth and chocolate |
| 6. Without egg and mayonnaise | 16. Guacamole on toast | 26. Grilled dogfish | 36. Eggs with tomato | 46. Without broth and chocolate |
| 7. Without tuna | 17. Guacamole on toast | 27. Gluten-free flour | 37. Without curry | 47. Without almonds and nuts |
| 8. Without mayonnaise and peas | 18. Homemade fishballs | 28. Grilled fish | 38. Without curry | 48. Without broth |
| 9. Gluten free pasta | 19. Grilled beef | 29. Grilled beef | 39. Grilled turkey | |
| 10. Egg free pasta | 20. Grilled beef | 30. Grilled beef | 40. Grilled pork loin | |

Students can choose to have with seasonal products.
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 Daily menu white and brown bread on Tuesdays and Thursdays thereby.
 All legume and rice are organic.



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Monday 15 starter	Tuesday 16 starter	Wednesday 17 starter	Thursday 18 starter	Friday 19 starter
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
main dish	main dish	main dish	main dish	main dish
side dish	side dish	side dish	side dish	side dish
dessert	dessert	dessert	dessert	dessert
Desayunos				
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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
starter HOLIDAY	starter FRIED RICE (OMELETTE, PEA, CORN, CARROTS AND SMOKED TURKEY) 1 2 SPINACHS CANNELLONI AU GRATIN 10 11 12 13	starter MONKFISH SOUP WITH PASTA 3 4 7 5 6 MIXED VEGETABLES (POTATOES, CARROTS, GREEN PEAS AND COURGETTES) WITH MAYONNAISE 14 15	starter BOILED CHICKPEAS, POTATOES AND CARROTS 9 8 CURRY BASMATI RICE 16 17	starter BOILED POTATOES WITH GREEN BEANS VEGETABLE NOODLES 18
main dish	main dish	main dish	main dish	main dish
side dish	side dish MEAT CROQUETTES 19 20 21 22 BREADED TURKEY (FLOUR, EGG AND BREADCRUMBS) 32 33	side dish BAKED CHICKEN IN LEMON SAUCE 23 24 BEEF BURGER 35 34	side dish COD AU GRATIN WITH APPLE "ALIOLI" 25 26 27 PORK STEW 36	side dish COOKED HAM AND CHEESE ROLLS 28 30 31 29 SPRING ROLLS 37 38 39 40
dessert	dessert MUSHROOM SAUTEED	dessert SAUTEED BROWN RICE	dessert SAUTEED PEAS	dessert SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE
dessert	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT	dessert FRESH FRUIT
Desayunos				

Special Dietary Needs

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|--------------------------------|--|---------------------------------|----------------------------|
| 1. Eggless | 11. Egg-free pasta with "bechamel" sauce | 21. Grilled chicken | 31. Baked fish |
| 2. Without peas and turkey | 12. Pasta with sauteed vegetables | 22. Grilled chicken | 32. Gluten free breaded |
| 3. Gluten free pasta | 13. Pasta with sauteeed vegetables | 23. Gluten-free sauce | 33. Egg free breaded |
| 4. Egg free pasta | 14. Without mayonnaise | 24. Grilled chicken | 34. Fish burger |
| 5. Vegetables soup | 15. Without mayonnaise | 25. gluten free flour | 35. Grilled beef |
| 6. Without celery | 16. Without curry | 26. without alioli | 36. Grilled pork |
| 7. Vegetable soup | 17. Without meat | 27. grilled meat | 37. Gluten-free croquettes |
| 8. Boiled rice | 18. Without soy sauce | 28. Gluten free chicken nuggets | 38. Breaded pork loin |
| 9. Fresh potatoes | 19. Gluten free croquettes | 29. Baked fish | 39. Breaded pork loin |
| 10. Gluten-free meat canellori | 20. Grilled chicken | 30. Baked fish | 40. Breaded pork loin |

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St. Peter's School Barcelona (C7-PREU 2)



Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
starter	starter	starter	starter	starter
LENTIL STEW (FRIED ONION, GARLIC, RED PEPPER AND TOMATO) WITH RICE 1 COURGETTE SOUP (potato and onion)	MAC & CHEESE 2 3 4 5 SPAGHETTI NAPOLITANA (homemade tomato sauce) 6 7 8 9			
main dish	main dish	main dish	main dish	main dish
GRILLED STEAK 10 NUGGETS 13 14 16 17 15 18 19 20	COOKED HAM OMELETTE 11 12 BAKED GARLIC PORK LOIN			
side dish	side dish	side dish	side dish	side dish
LETTUCE, TOMATO AND CORN	ROASTED ONION			
dessert	dessert	dessert	dessert	dessert
FRESH FRUIT	FRESH FRUIT			
Desayunos				

Special Dietary Needs

- | | |
|--------------------------------|------------------------------------|
| 1. Vegetable rice | 11. Vegetarian omelette |
| 2. gluten free pasta | 12. Plain omelette |
| 3. pasta without eggs | 13. Gluten free breaded chicken |
| 4. pasta with napolitana sauce | 14. Egg free breaded chicken |
| 5. pasta with napolitana sauce | 15. Breaded chicken |
| 6. Gluten free pasta | 16. Breaded chicken (without milk) |
| 7. Egg free pasta | 17. Breaded chicken (without milk) |
| 8. Without cheese | 18. Breaded chicken |
| 9. Without cheese | 19. Breaded chicken |
| 10. Plain omelette | 20. Breaded chicken |

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