

SEPTIEMBRE- SEPTEMBER BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

	Lunes/Monday DIA 1	Martes/Tuesday DIA 2	Miercoles/Wednesday DIA 3	Jueves/Thursday DIA 4	Viernes/Friday DIA 5
Primer Plato First				ARROZ CON SALSA DE TOMATE RICE WITH HOMEMADE TOMATO SAUCE	ENSALADA DE PASTA (1, 4, T6, T10) PASTA SALAD (1, 4, T6, T10)
Opción 2				MENESTRA DE VERDURAS BOILED MIXED VEGETABLES	PARRILLADA DE VERDURAS GRILLED VEGETABLES
Segundo Plato Second		 WELCOME		CROQUETAS DE COCIDO (1, 2, 3, 4, 6, 7, 8, 9, 10, 14) MEAT CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14)	POLLO RUSTIDO AL HORNO BAKED CHICKEN
Opción 2				MERLUZA AL HORNO (4) BAKED HAKE (4)	TORTILLA DE QUESO (3, 7) CHEESE OMELLETE (3, 7)
Guarnición Side dishes				ENSALADA VARIADA FRESH SALAD	GUISANTES SALTEADOS SAUTEED PEAS
Postre/Desserts				HELADO DE VAINILLA Y CHOCOLATE (6, 7) VANILLA AND CHOCOLATE ICE CREAM (6, 7)	FRUTA DE TEMPORADA FRESH FRUIT

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	Lunes/Monday DIA 8	Martes/Tuesday DIA 9	Miercoles/Wednesday DIA 10	Jueves/Thursday DIA 11	Viernes/Friday DIA 12
Primer Plato First	ESPAGUETIS A LA CARBONARA (1, 6, 7) CARBONARA SAUCE PASTA (1, 6, 7)	ARROZ SALTEADO SAUTEED RICE	FIDEUÀ DE VERDURAS CON ALIOLI (opcional) (1, 3, 9) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9)		JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES
Opción 2	BRÓCOLI CON PATATAS HERVIDAS BOILED BROCCOLI AND POTATOES	GAZPACHO CON PICATOSTES (1, 12)/ GAZPACHO (TOMATO CREAM) WITH CROUTONS (1, 12)	VICHYSOISE (7) VICHUYSSOISE (7)		TABULÉ CON MENTA, LIMÓN Y VEGETALES (1, 9, 10, 12, T6, T10) VEGETAL TABBOULEH WITH MINT AND LEMON (1, 9, 10, 12, T6, T10)
Segundo Plato Second	BACALAO A LA ANDALUZA (1, 2, 4, 14) BREADED COD (1, 2, 4, 14)	TORTILLA DE CALABACÍN (3) ZUCCHINI OMELETTE (3)	ALITAS DE POLLO BARBACOA (10, 12) / BBQ CHICKEN WINGS (1, 7, 9, 10, 11, 12)	FIESTA HOLIDAY	SALMÓN A LA PLANCHA (4) GRILLED SALMON (4)
Opción 2	LOMO DE CAÑA A LA PLANCHA GRILLED PORK LOIN	ESTOFADO DE PAVO AL CURRY (1, 10, 12) TURKEY STEW WITH CURRY (1, 10, 12)	PARMEGIANA DE TEMPEH (1, 6, 7, 8, 10, 12) TEMPEH PARMIGIANA (1, 6, 7, 8, 10, 12) 		FAJITAS DE FRIJOLES Y VERDURAS SALTEADAS BEAN AND SAUTEED VEGETABLE FAJITAS (1,6,10,T1.T2.T4,T5,T7,T8,T9)
Guarnición Side dishes	TOMATE ALIÑADO SEASONED TOMATOES	CHAMPIÑONES MUSHROOMS	ENSALADA DE GARBANZOS (4, 12) / CHICKPEAS SALAD (4, 12)		HUMMUS DE PIMEINTOS DE PIQUILLO CON TOTOPOS CASEROS (1, 6, 11, 12) HOMEMADE ROASTED PIQUILLO PEPPER HUMMUS (1, 6, 11, 12)
Postre/Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	BIZCOCHO CASERO DE CHOCOLATE (1, 3, 7) CHOCOLAT BISCUIT (1, 3, 7)		FRUTA DE TEMPORADA FRESH FRUIT

	Lunes/Monday DIA 15	Martes/Tuesday DIA 16	Miercoles/Wednesday DIA 17	Jueves/Thursday DIA 18	Viernes/Friday DIA 19
Primer Plato First	CREMA DE ZANAHORIAS CARROT CREAM	ENSALADA DE PATATA (3, 4, T3) POTATO SALAD (3, 4, T3)	SOPA RAMEN (1, 3, 6, 9, 11, T1, T4) RAMEN SOUP (1, 3, 6, 9, 11, T1, T4)	PAELLA DE VERDURAS VEGETABLE RICE "PAELLA"	MACARRONES A LA PUTANESCA (1, 3, 7, T6, T10) MACARONI IN PUTANESCA SAUCE (1, 3, 7, T6, T10)
Opción 2	FUSSILIS CON PESTO DE ALBAHACA (1, 3, 7, 12) FUSSILI PASTA IN PESTO SAUCE (1, 3, 7, 12)	CALABAZA CON JENGIBRE PUMPKIN WITH GINGER	ESPINACAS A LA CATALANA (5, 8) CATALAN STYLE SPINACH (5, 8)	SOPA FRÍA DE MELÓN (7) COLD MELON SOUP (7)	ENSALADA DE LENTEJAS (1, 2, 3, 4, 10, 12, 14) LENTILS SALAD (1, 2, 3, 4, 10, 12, 14)
Segundo Plato Second	ALBÓNDIGAS CON SALSA DE TOMATE (6, 12) MEATBALLS IN TOMATO SAUCE (6, 12)	POLLO REBOZADO (1, 3, 10) BREADED CHICKEN (1, 3, 10)	TORTILLA DE PATATAS CON CEBOLLA (3) POTATOES AND ONION OMELETTE (3)	PESCADO FRESCO (4) FRESH FISH (4) 	PAVO AL CURRY Y COCO (1) BAKED TURKEY WITH CURRY AND COCONUT (1)
Opción 2	MERLUZA AL HORNO (4) BAKED HAKE (4)	LOMO CAÑA A LA PLANCHA GRILLED PORK LOIN	EMPANADILLAS DE ATÚN (1, 2, 3, 4, 6, 7, 9, 14) TUNA PATTIES (1, 2, 3, 4, 6, 7, 9, 14)	HAMBURGUESA DE HEURA A LA PLANCHA (1, 6, 7) GRILLED VEGGIE BURGER (12) 	COSTILLA DE CERDO EN SALSA BARBACOA (1, 12) PORK RIBS WITH BARBACUE SAUCE (1, 12)
Guarnición Side dishes	COUSCOUS (1, T6, T10) COUSCOUS (1, T6, T10)	JUDÍA VERDE GREEN BEANS	ENSALADA CAPRESE (7) CAPRESE SALAD (7)	MAÍZ SALTEADO SAUTEED SWEET CORN	GUISANTES SALTEADOS SAUTEED PEAS
Postre/Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR DE LIMÓN (7) LEMON YOGURT (7)	FRUTA DE TEMPORADA FRESH FRUIT	HELADO DE FRESA (7) STRAWBERRY ICE CREAM (7)



Gluten
Gluten
(1)



Crustáceos
Crustaceans
(2)



Huevo
Eggs
(3)



Pescado
Fish
(4)



Cacahuete
Peanuts
(5)



Soja
Soy
(6)



Leche
Milk
(7)



Frutos secos
Nuts
(8)



Apio
Celery
(9)



Mostaza
Mustard
(10)



Sesámo
Sesame
(11)



Sulfitos
Sulfites
(12)



Altramuces
Lupins
(13)



Moluscos
Molluscs
(14)



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SEPTIEMBRE- SEPTEMBER BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

	Lunes/Monday DIA 22	* Martes/Tuesday DIA 23	* Miercoles/Wednesday DIA 24	Jueves/Thursday DIA 25	Viernes/Friday DIA 26
Primer Plato First	ARROZ CON SALSA DE TOMATE CASERA RICE WITH HOMEMADE TOMATO SAUCE	GARBANZOS CON VERDURAS / SAUTEED CHICKPEAS WITH VEGETABLES	CREMA DE CALABACÍN ZUCCHINI CREAM	JUDÍA VERDE CON PATATA AL VAPOR BOILED GREEN BEANS AND POTATOES	ENSALADA DE FUSSILIS (1, 4, T6, T10) PASTA SALAD (1, 4, T6, T10)
Opción 2	MENESTRA DE VERDURAS BOILED MIXED VEGETABLES	FIDEUÁ DE VERDURAS CON ALIOLI (opcional) (1, 3, 9) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9)	ARROZ CON VERDURAS RICE WITH VEGETABLES	GAZPACHO CON PICATOSTES (1, 12) GAZPACHO (TOMATO CREAM) WITH CROUTONS (1, 12)	PARRILLADA DE VERDURAS GRILLED VEGETABLES
Segundo Plato Second	MERLUZA A LA ANDALUZA (1, 4) ANDALUSIAN HAKE (1, 4)	TORTILLA DE JAMÓN (3) /HAM POTATOES OMELETTE (3)	POLLO TANDOORI (7, 12) TANDOORI CHICKEN (7, 12)	LOMO A LA PLANCHA CON SALSA CHIMICHURRI (12) GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE	DADOS DE PAVO ESTOFADOS TURKEY STEW
Opción 2	SALCHICHAS DE AVE A LA PLANCHA (12) GRILLED SAUSAGES (12)	POLLO A LA PLANCHA GRILLED CHICKEN	FALAFELS CON SALSA DE YOGUR (1, 6, 7) FALALFELS WITH YOGURT SAUCE (1, 6, 7)	BACALAO AL HORNO (4, T2, T14) BAKED HAKE (4, T2, T14)	REVUELTO DE JAMÓN COCIDO (3) SCRAMBLED EGGS WITH HAM (3)
Guarnición Side dishes	ENSALADA DE BROTES VERDES FRESH SALAD	QUINOA CON VERDURAS QUINOA WITH VEGETABLES	PATATA SALTEADA SAUTEED POTATOES	ARROZ INTEGRAL SALTEADO SAUTEED WHOLE GRAIN RICE	GUISANTES PEAS
Postre/Desserts	MELOCOTÓN EL ALMÍBAR PEACH IN SYRUP	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR (7) YOGURT (7)	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT

* No aplica a BSB SITGES debido a Festivo Local
Not applicable for BSB SITGES due to local holiday

* No aplica a BSB LUCA debido a Festivo Local
Not applicable for BSB LUCA due to local holiday




Gluten
Gluten
(1)


Crustáceos
Crustaceans
(2)


Huevo
Eggs
(3)


Pescado
Fish
(4)


Cacahuete
Peanuts
(5)


Soja
Soy
(6)


Leche
Milk
(7)


Frutos secos
Nuts
(8)


Apio
Celery
(9)


Mostaza
Mustard
(10)


Sesámo
Sesame
(11)


Sulfitos
Sulfites
(12)


Altramuces
Lupins
(13)


Moluscos
Molluscs
(14)

OCTUBRE | BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

	Lunes/Monday DIA 29	Martes/Tuesday DIA 30
Primer Plato First	PAELLA MARINERA (2, 4, 14) FISH PAELLA (2, 4, 14)	CREMA DE VERDURAS DE TEMPORADA VEGETABLES CREAM
Opción 2	JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES	TORTELLINI FRESCO DE CARNE (pasta fresca) A LA NAPOLITANA (1, T6, T10) / FRESH MEAT TORTELLINI (fresh pasta) WITH NAPOLITANA SAUCE (1, T6, T10)
Segundo Plato Second	TORTILLA DE JAMÓN (3) HAM OMELETTE (3)	HAMBURGUESA DE TERNERA A LA PLANCHA (12) GRILLED BEEF BURGER (12)
Opción 2	PECHUGA DE POLLO A LA PLANCHA GRILLED CHICKEN	PESCADO BLANCO A LA PLANCHA (4) GRILLED FISH (4)
Guarnición Side dishes	CALABACÍN A LA PLANCHA GRILLED COURGETTE	CHAMPIÑONES MUSHROOMS
Postre/ Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT

