

| | Lunes/Monday DIA 2 | Martes/Tuesday DIA 3 | Miercoles/Wednesday DIA 4 | Jueves/Thursday DIA 5 | Viernes/Friday DIA 6 |
|-----------------------------------|---|---|---|---|--|
| Primer Plato/ First | SOPA CASERA DE AVE Y VERDURAS CON PISTONES (1, 3, T6, T10) HOMEMADE POULTRY VEGETABLES & PASTA SOUP (1, 3, T6, T10) | ALUBIAS CON VERDURAS BEANS & VEGETABLES STEW | CREMA DE PUERROS LEEK SOUP | PAELLA MARINERA (2, 4, 9, 12, 14, T4) FISH PAELLA (2, 4, 9, 12, 14, T4) | JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES |
| Opción 2 | MENESTRA DE VERDURAS HERVIDA BOILED VEGETABLES | ARROZ SALTEADO SAUTEED RICE | PATATAS ESTOFADAS CON CHORIZO STEW POTATOES WITH CHORIZO | VERDURA DE TEMPORADA FRESH VEGETABLES | MACARRONES A LA CARBONARA (1, 3, 7, 12, T6, T10) MACARONI IN CARBONARA SAUCE (1, 3, 7, 12, T6, T10) |
| Segundo Plato/ Second | LOMO A LA PLANCHA CON SALSA CHIMICHURRI (12) GRILLED PORK LOIN WITH CHIMICHURRI SAUCE (12) | POLLO RUSTIDO AL HORNO BAKED CHICKEN | MERLUZA A LA ANDALUZA (1, 4, T2, T14) / "ANDALUSIAN" HAKE (1, 4, T2, T14) | TORTILLA DE PATATAS (3) POTATOES OMELETTE (3) | ALBÓNDIGAS MIXTAS EN SALSA (6, 12) MIXED MEATBALLS IN SAUCE (6, 12) |
| Opción 2 | LASAÑA DE VERDURAS (1,2,3,4,6,7,14) VEGETABLE LASAGNA (1,2,3,4,6,7,14)  | PESCADO BLANCO A LA PLANCHA (4) GRILLED FISH (4) | PAVO A LA PLANCHA GRILLED TURKEY | POLLO A LA PLANCHA CON SALSA ROQUEFORT (7, T3) GRILLED CHICKEN WITH CHEESE SAUCE (7, T3) | SALMÓN AL HORNO (4) BAKED SALMON (4) |
| Guarnición Side dishes | ARROZ SALTEADO SAUTEED RICE | PATATA CALIU "CALIU" POTATOES | BONIATO AL HORNO BAKED SWEET POTATOE | JARDINERA VEGETABLES | CUSCÚS SALTEADO (1) SAUTEED COUSCOUS (1) |
| Postre / Desserts | FRUTA DE TEMPORADA FRESH FRUIT | FRUTA DE TEMPORADA FRESH FRUIT | FRUTA DE TEMPORADA FRESH FRUIT | YOGUR (7) YOGURT (7) | FRUTA DE TEMPORADA FRESH FRUIT |



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)



| | Lunes/Monday DIA 9 | Martes/Tuesday DIA 10 | Miercoles/Wednesday DIA 11 | Jueves/Thursday DIA 12 | Viernes/Friday DIA 13 |
|-----------------------------------|--|---|---|--|--|
| Primer Plato/ First | MENESTRA DE VERDURAS BOILED MIXED VEGETABLES | LENTEJAS ESTOFADAS VERDURAS (T1) LENTILS & VEGETABLE STEW (T1) | ARROZ CON SOFRITO DE HORTALIZAS RICE WITH VEGETABLES SAUCE | FIDEUÁ DE VERDURAS con allioli (opcional) (1, 3, T6, T10) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9, T6, T10) | CREMA VICHYSOISE (7) VICHYSOISE (7) |
| Opción 2 | ESPAGUETIS CON SALSA DE CHAMPIÑONES (1, 7, T6, T10) SPAGHETTI WITH MUSHROOMS SAUCE (1, 7, T6, T10) | PURÉ DE PATATAS GRATINADO (7) MASHED POTATOES (7) | GUISANTES SALTEADOS CON CHAMPIÑONES SAUTEED PEAS WITH MUSHROOMS | CREMA DE VERDURAS VEGETABLES CREAM | RATATOUILLE RATATOUILLE |
| Segundo Plato/ Second | POLLO A LA PLANCHA A LAS FINAS HIERBAS GRILLED CHICKEN WITH AROMATIC HERBS | TORTILLA DE JAMÓN (3) HAM OMELETTE (3) | LOMO ESTOFADO (1, 9, 12) PORK STEW (1, 9, 12) | PESCADO FRESCO DE MERCADO AL HORNO (2, 4, 14) BAKED FRESH FISH (2, 4, 14) | CORDON BLEU DE PAVO (1, 7, T3, T6 T9) CORDON BLEU DE PAVO (1, 7, T3, T6 T9) |
| Opción 2 | MERLUZA A LA PLANCHA (4) GRILLED HAKE (4) | PAVO AL HORNO CON CALABAZA BAKED CHICKEN WITH PUMPKIN | GYOZAS DE VERDURAS (1, 6, T11) GYOZAS (VEGETABLE PIE) (1, 6, T11)  | BUTIFARRA A LA PLANCHA (12) GRILLED "BUTIFARRA" (12) | PESCADO BLANCO A LA MEUNIÈRE (4, 7) WHITE FISH MEUNIÈRE SAUCE (4, 7) |
| Guarnición Side dishes | PTATA AL CALIU CALIU" POTATOES | BERENJENA A LA PLANCHA CON MIEL GRILLED AUBERGINE WITH HONEY | ZANAHORIA CARROT | QUINOA CON VERDURAS QUINOA WITH VEGETABLES | PATATAS SALTEADAS SAUTEED POTATOES |
| Postre / Desserts | FRUTA DE TEMPORADA FRESH FRUIT | FRUTA DE TEMPORADA FRESH FRUIT | YOGUR (7) YOGURT (7) | FRUTA DE TEMPORADA FRESH FRUIT | CREPE (1, 3, 7) CREPE (1, 3, 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)



Altramucos
Lupins
(13)



Moluscos
Molluscs
(14)



| | Lunes/Monday DIA 16 | Martes/Tuesday DIA 17 | Miercoles/Wednesday DIA 18 | Jueves/Thursday DIA 19 | Viernes/Friday DIA 20 |
|-----------------------------------|---|--|---|---|---|
| Primer Plato/ First | JUDÍA VERDE CON ZANAHORIA AL VAPOR BOILED GREEN BEANS WITH CARROTS | ESPAGUETIS CON SALSAPASTA WITH NAPOLITANA SAUCE (1, 7, T3, T6, T10) NAPOLITAN (1, 7, T3, T6, T10) | GARBANZOS CON ESPINACAS CHICKPEAS AND SPINACH STEW | PAELLA MIXTA (2, 12) MIXED "PAELLA" (2, 12) | CREMA DE ZANAHORIAS CARROT CREAM |
| Opción 2 | ARROZ SALTEADO CON VERDURAS SAUTEED RICE WITH VEGETABLES | PARRILLADA DE VERDURAS GRILLED VEGETABLES | WOK DE VERDURAS VEGETABLES WOK | BRÓCOLI CON PATATA BOILED BROCCOLI AND POTATOE | MACARRONES CON SOFRITO DE HORTALIZAS (1, 3, 7, T6, T10) MACARONI IN VEGETABLE SAUCE (1, 3, 7, T6, T10) |
| Segundo Plato/ Second | LOMO A LAS FINAS HIERBAS GRILLED PORK LOIN IN AROMATHIC HERBS | MERLUZA A LA ANDALUZA (1, 4, T2, T14) "ANDALUZA" HAKE (1, 4, T2, T14) | POLLO AL AJILLO (1) GARLIC CHICKEN (1) | TORTILLA CASERA DE PATATAS CON CEBOLLA (3) POTATOES AND ONION OMELETTE (3) | FRICANDÓ DE TERNERA BEEF STEW |
| Opción 2 | REVUELTO DE JAMÓN COCIDO (3) SCRAMBLED EGGS WITH JAM (3, 6, 7) | SALCHICHAS DE AVE A LA PLANCHA (12) GRILLED CHICKEN SAUSAGES (12) | PESCADO BLANCO A LA PLANCHA (4) GRILLED FISH (4) | LOMO CON SALSARANCHERA (3, 7, 12) PORK LOIN WITH RANCH SAUCE (3, 7, 12) | WRAP VEGETAL con soja texturizada (1, 6, 7, 10) VEGGIE WRAP with texture vegetable protein (1, 6, 7, 10)  |
| Guarnición Side dishes | PATATAS AL CALIU "CALIU" POTATOES | CHIPS DE BONIATO SWEET POTATOES CHIPS | CUSCÚS DE VERDURAS (1) COUSCUS WITH VEGETABLES (1) | CHAMPIÑONES MUSHROOMS | GUISANTES SALTEADOS SAUTEED PEAS |
| Postre / Desserts | FRUTA DE TEMPORADA FRESH FRUIT | FRUTA DEL TEMPORADA FRESH FRUIT | YOGUR (7) YOGHURT (7) | FRUTA DE TEMPORADA FRESH FRUIT | FRUTA DEL TEMPORADA FRESH FRUIT |



| | Lunes/Monday DIA 23 | Martes/Tuesday DIA 24 | Miercoles/Wednesday DIA 25 | Jueves/Thursday DIA 26 | Viernes/Friday DIA 27 |
|----------------------|--|---|--|--|---|
| Primer Plato | ARROZ A LA MILANESA (3, 7, 12, T3) MILANESA RICE (3, 7, 12, T3) | CREMA DE VERDURAS VEGETABLES CREAM | MACARRONES A LA PUTANESCA (1, T6, T10) / PASTA WITH PUTANESCA SAUCE (1, T6, T10) | COLIFLOR GRATINADA CON BECHAMEL (1, 3, 6, 7, T3, T5, T8, T11) / CAULIFLOWER AU GRATIN WITH "BECHAEML" SAUCE (1, 3, 6, 7, T3, T5, T8, T11) | LENTEJAS CON VERDURAS (T1) LENTILS & VEGETABLE STEW (T1) |
| Opción 2 | MENESTRA CASERA CON SALSA DE ROMESCO opcional (12) BOILED MIXED VEGETABLES WITH ROMESCO SAUCE optional (12) | ENSALADA DE LACITOS VEGETLES (1, 3, 4, 12, T6, T10) PASTA SALAD(1, 3, 4, 12, T6, T10) | PATATAS GUISADAS CON VERDURAS VEGETABLE POTATOES STEW | TALLARINES CON PESTO DE ESPINACAS Y ALBAHACA (1, 3, 6, 7) TAGLIARINI IN SOFT PESTO SAUCE (1, 3, 6, 7) | ARROZ CON SALSA DE TOMATE RICE WITH TOMATOE SAUCE |
| Segundo Plato | PESCADO BLANCO A LA PLANCHA (4) GRILLED FISH (4) | TORTILLA CASERA DE PATATAS (3) POTATO OMELETTE (3) | BUTIFARRA A LA PLANCHA (12) GRILLED "BUTIFARRA" (PORK MEAT) (12) | ESTOFADO DE PAVO TURKEY STEW | LOMO A LA PLANCHA GRILLED PORK LOIN |
| Opción 2 | POLLO RUSTIDO AL HORNO OVEN-ROASTED CHICKEN | HAMBURGUESAS VEGETALES A LA PLANCHA (1, 6, T7) GRILLED VEGGIE BURGER (1, 6, T7) | MERLUZA A LA PLANCHA (4) GRILLED HAKE (4) | SALMÓN AL HORNO (4) BAKED SALMON | ALITAS DE POLLO BABACOA (10, 12) BBQ CHICKEN WINGS (10, 12) |
| Guarnición | AROS DE CEBOLLA (1) ONION RINGS (1) | GUISANTES Y ZANAHORIAS PEAS AND CARROTS | BRÓCOLI BROCCOLI | CALABAZA AL HORNO BAKED PUMPKIN | DADOS DE PATATA SALTEADAS DICED POTATOES |
| Postre | FRUTA DEL TEMPORADA FRESH FRUIT | FRUTA DEL TEMPORADA FRESH FRUIT | YOGUR (7) YOGURT (7) | FRUTA DEL TEMPORADA FRESH FRUIT | FRUTA DEL TEMPORADA FRESH FRUIT |

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|---------------|-------------------|--------------|----------------|------------------|-------------|--------------|---------------------|-------------|----------------|---------------|-----------------|-------------------|-----------------|
| | | | | | | | | | | | | | |
| Gluten | Crustáceos | Huevo | Pescado | Cacahuete | Soja | Leche | Frutos secos | Apio | Mostaza | Sesámo | Sulfitos | Altramuces | Moluscos |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) |

MARZO-MARCH | BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

| | Lunes/Monday DIA 30 | Martes/Tuesday DIA 31 |
|---------------|------------------------|--------------------------|
| Primer Plato | | |
| Opción 2 | | |
| Segundo Plato | FIESTA | FIESTA |
| Opción 2 | HOLIDAY | HOLIDAY |
| Guarnición | | |
| Postre | | |



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)