


	Lunes/Monday DIA 4	Martes/Tuesday DIA 5	Miercoles/Wednesday DIA 6	Jueves/Thursday DIA 7	Viernes/Friday DIA 8
<b>Primer Plato First</b>	LENTEJAS GUIADAS CON CHORIZO ( 1 )  LENTIL STEW WITH "CHORIZO" (1 )	ARROZ CON SALSA DE TOMATE  RICE WITH TOMATOE SAUCE	FUSSILIS AL PESTO ( 1, 3, 7, T3, T6, T10 ) SPIRALS IN PESTO SAUCE ( 1, 3, 7, T3, T6, T10 )	TABULÉ CON VERDURAS (1, T6)  TABBOULEH WITH VEGETABLES (1, T6 )	CREMA DE VERDURAS DE TEMPORADA  VEGETABLE SOUP
Opción 2	MACARRONES A LA CARBONARA ( 1, 3, 7, T6, T10 )  PASTA IN CARBONARA SAUCE ( 1, 3, 7, T6, T10 )	GUISANTES SALTEADOS  SAUTEED PEAS	GAZPACHO CON PICATOSTES ( 1, 12, T6, T10 )  GAZPACHO (TOMATO CREAM) WITH CROUTONS ( 1, 12, T6, T10 )	PAELLA MARINERA ( 2, 4, 9, 12, 14, T2, T4 )  FISH "PAELLA" ( 2, 4, 9, 12, 14, T2, T4 )	ENSALADA DE PASTA ( 1, 4, T6, T10 )  PASTA SALAD ( 1, 4, T6, T10 )
<b>Segundo Plato Second</b>	CROQUETAS DE COCIDO ( 1, 7, 14, T2, T3, T4, T6 )  MEAT CROQUETTES ( 1, 7, 14, T2, T3, T4, T6 )	HUEVOS REVUELTOS CON JAMÓN ( 3 )  SCRAMBLED EGGS WITH HAM ( 3 )	MERLUZA A LA GALLEGA ( 4, T2, T14 )  "GALICIAN" HAKE ( 4, T2, T14 )	POLLO RUSTIDO AL HORNO  BAKED CHICKEN	LOMO CON SALSA DE MANZANA  LOIN WITH APPLE SAUCE
Opción 2	MERLUZA A LA PLANCHA CON AJO Y PEREJIL ( 4, T2, T14 )  GRILLED HAKE WITH GARLIC AND PARSLEY ( 4, T2, T14 )	PECHUGA DE POLLO A LA PLANCHA  GRILLED CHICKEN	LOMO A LA PLANCHA CON SALSA CHIMICHURRI ( 12 )  GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE ( 12 )	BACALAO GRATINADO CON ALIOLI DE MANZANA ( 1, 3, 4 )  GRATINATED CODFISH WITH APPLE "ALL I OLI" ( 1, 3, 4 )	GYOZAS DE VERDURAS ( 1, 6, 11 )  GYOZAS (vegetable pie) ( 1, 6, 11 ) 
<b>Guarnición Side dishes</b>	CHAMPIÑONES SALTEADOS EN ACEITE DE OLIVA  SAUTEED MUSHROOMS WITH OLIVE OIL	CALABACÍN A LA PLANCHA  GRILLED COURGETTE	DADOS DE PATATAS SALTEADOS  DICED POTATOES	BERENJENAS A LA PLANCHA CON MIEL  FRIED AUBERGINES WITH HONEY SAUCE	PATATA "AL CALIU"  "CALIU" POTATOES
<b>Postre Desserts</b>	FRUTA DE TEMPORADA  FRESH FRUIT	YOGUR ( 7 )  YOGURT ( 7 )	FRUTA DE TEMPORADA  FRESH FRUIT	FRUTA DE TEMPORADA  FRESH FRUIT	FRUTA DE TEMPORADA  FRESH FRUIT



Gluten  
Gluten



Crustáceos  
Crustaceans



Huevo  
Eggs



Pescado  
Fish



Cacahuete  
Peanuts



Soja  
Soy



Leche  
Milk



Frutos secos  
Nuts



Apio  
Celery



Mostaza  
Mustard



Sesámo  
Sesame



Sulfitos  
Sulfites



Altramuces  
Lupins




Moluscos  
Molluscs



	Lunes/Monday DIA 11	Martes/Tuesday DIA 12	Miercoles/Wednesday DIA 13	Jueves/Thursday DIA 14	Viernes/Friday DIA 15
<b>Primer Plato First</b>	MACARRONES A LA BOLOÑESA ( 1, 12, T6, T10 ) MACARONI IN BOLOGNESE SAUCE ( 1, 12, T6, T10 )	GARBANZOS CON ESPINACAS CHICKPEAS AND SPINACH STEW	JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES	CREMA DE ZANAHORIA CON DADOS DE PAN ( 1, T6, T10 ) CREAM OF CARROT WITH CROUTONS ( 1, T6, T10 )	ARROZ PRIMAVERA RICE SALAD
Opción 2	BRÓCOLI CON PATATAS HERVIDAS BOILED BROCCOLI AND POTATOES	ARROZ TRES DELICIAS SAUTEED RICE	MAC & CHEESE ( 1, 7, T3, T6, T10 ) MAC & CHEESE ( 1, 7, T3, T6, T10 )	ENSALADADILLA RUSA con mayonesa opcional ( 3, 4 ) RUSSIAN SALAD ( 3, 4 )	PARRILLADA DE VERDURAS GRILLED VEGETABLES
<b>Segundo Plato Second</b>	TORTILLA DE JAMÓN COCIDO ( 3 ) COOKED HAM OMELETTE ( 3 )	POLLO AL HORNO CON TOMILLO BAKED CHICKEN WITH THYME	HAMBURGUESA DE TERNERA A LA PLANCHA ( 12 ) GRILLED BEEF BURGER ( 12 )	DADOS DE PAVO ESTOFADOS TURKEY STEW	BACALAO AL HORNO ( 4 ) BAKED COD (with onion and tomato) ( 4 )
Opción 2	PECHUGA DE PAVO A LA PLANCHA GRILLED TURKEY	MERLUZA EN SALSA VERDE ( 1, 2, 4, 9, 14, T2, T4, T14 ) HAKE IN GREEN SAUCE ( 1, 2, 4, 9, 14, T2, T4, T14 )	NUGGETS VEGETALES ( 1, 6, T3, T7, T9, T10, T11, T12 ) VEGGIE NUGGETS ( 1, 6, T3, T9, T10, T11, T12 )	COSTILLA DE CERDO EN SALSA BARBACOA ( 1, 12 ) PORK RIBS WITH BARBACUE SAUCE ( 1, 12 )	POLLO A LA MOSTAZA ( 7, 10 ) MUSTARD CHICKEN ( 7, 10 )
<b>Guarnición Side dishes</b>	JUDÍA VERDE SALTEADA SAUTEED GREEN BEANS	DADOS DE PATATAS SALTEADOS DICED POTATOES	MIX DE PIMIENTOS MIX PEPPERS STIRS	CUSCÚS SALTEADO ( 1, T6, T10 ) SAUTED COUSCOUS ( 1, T6, T10 )	GUISANTES PEAS
<b>Desserts Postre</b>	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR ( 7 ) YOGURT ( 7 )	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT



# MAYO-MAY | BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

	Lunes/Monday DIA 18	Martes/Tuesday DIA 19	Miercoles/Wednesday DIA 20	Jueves/Thursday DIA 21	Viernes/Friday DIA 22
<b>Primer Plato First</b>	CREMA DE CALABACÍN Y ALBAHACA ZUCCHINI AND BASIL CREAM	ARROZ CON SALSA DE TOMATE RICE WITH HOMEMADE TOMATO SAUCE	ENSALADA DE PATATA ( 3, 4 ) POTATO SALAD ( 3, 4 )	GARBANZOS CON VERDURAS CHICKPEAS & VEGETABLES STEW	FIDEUÁ DE VERDURAS CON ALIOLI (opcional) ( 1, 3, 9, T6, T10 ) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) ( 1, 3, 9, T6, T10 )
Opción 2	CUSCÚS CON CALABACÍN Y CEBOLLA CARAMELIZADA ( 1, T6, T10 ) COUS COUS WITH VEGETABLES (courgette and onion) ( 1, T6, T10 )	GUISANTES HERVIDOS CON PATATAS BOILED PEAS AND POTATOES	ESPAGUETIS CON SALSA DE QUESOS ( 1, 7, T3, T6, T10 ) SPAGUETTI IN CHEESE SAUCE ( 1, 7, T3, T6, T10 )	PAELLA DE VERDURAS VEGETABLE RICE "PAELLA" (	ENSALADA NIZARDA ( 3, 4 ) NIZARDA SALAD ( 3, 4 )
<b>Segundo Plato Second</b>	PAVO MARINADO AL HORNO ( 1, 6, 10, T1, T10 ) BAKED MARINATED TURKEY ( 1, 6, 10, T1, T10 )	FRICANDÓ DE LOMO PORK LOIN STEW	POLLO RUSTIDO AL HORNO BAKED CHICKEN	REVUELTO DE HUEVO CON JAMÓN COCIDO ( 3, 6 ) SCRAMBLED EGGS WITH JAM ( 3, 6 )	MERLUZA AL HORNO( 4, T2, T14 ) BAKED HAKE ( 4, T2, T14 )
Opción 2	BUTIFARRA A LA PLANCHA ( 12, T12 ) GRILLED "BUTIFARRA" (PORK MEAT) ( 12, T12 )	QUESADILLAS DE POLLO ( 1, 7, 10, T1, T3, T10 ) HICKEN "QUESADILLAS" ( 1, 7, 10, T1, T3, T10 )	RAPE AL HORNO CON PATATAS ( 2, 4 ) BAKED MONKFISH ( 2, 4 )	PIZZA CASERA DE VERDURAS ( 1, 7 ) VEGETABLE HOMEMADE PIZZA ( 1, 7 ) 	PECHUGA DE PAVO A LA PLANCHA GRILLED TURKEY
<b>Guarnición Side dishes</b>	PATATA PANADERA POTATOES	CHAMPIÑONES SALTEADOS SAUTEED MUSHROOMS	VERDURAS AL HORNO GRILLED VEGETABLES	ENSALADA CAPRESE ( 7 ) CAPRESE SALAD ( 7 )	CALABACÍN A LA PLANCHA GRILLED COURGETTE
<b>Postre Desserts</b>	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR ( 7 ) YOGURT ( 7 )	FRUTA DE TEMPORADA FRESH FRUIT	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 )



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# MAYO-MAY| BRITISH SCHOOL OF BARCELONA (SECUNDARIA-SECONDARY)

	Lunes/Monday DIA 25	Martes/Tuesday DIA 26	Miercoles/Wednesday DIA 27	Jueves/Thursday DIA 28	Viernes/Friday DIA 29
<b>Primer Plato First</b>	ENSALADA DE GARBANZOS ( 4, 12 ) CHICKPEAS SALAD ( 4, 12 )	ARROZ SALTEADO CON VERDURITAS SAUTEED RICE WITH VEGETABLES	JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES	ENSALADA DE LACITOS VEGETALES ( 1, 3, 4, 12, T3, T6, T10 ) SALAD WITH PASTA ( 1, 3, 4, 12, T3, T6, T10 )	NOODLES SALTEADOS CON VERDURITAS ( 1, 6, T6, T10 ) SAUTEED NOODLES WITH VEGETABLES ( 1, 6, T6, T10 )
Opción 2	ARROZ A LA CAZUELA CON POLLO, VERDURAS I GUISANTES RICE WITH VEGETABLES, CHICKEN AND PEAS	VICHYSOISE ( 7 ) LEEK AND POTATOES CREAM ( 7 )	QUINOA CON VERDURAS QUINOA WITH VEGETABLES	MENESTRA DE VERDURAS HERVIDA CON PATATAS BOILED MIXED VEGETABLES WITH POTATOES	PARRILLADA DE VERDURAS GRILLED VEGETABLES
<b>Segundo Plato Second</b>	ALBÓNDIGAS MIXTAS CON SALSA DE TOMATE ( 6, 12 ) MEATBALLS IN TOMATO SAUCE ( 6, 12 )	BACALAO A LA ANDALUZA ( 1, 4 ) BREADED COD ( 1, 4 )	DADOS DE PAVO ESTOFADOS TURKEY STEW	TORTILLA DE QUESO ( 3, 7 ) CHEESE OMELETTE ( 3, 7 )	POLLO CON SALSA TERIYAKI ( 1, 6 ) CHICKEN IN TERIYAKI SAUCE ( 1, 6 )
Opción 2	PECHUGA DE POLLO A LA PLANCHA GRILLED CHICKEN	PAVO CON SALSA DE CEBOLLA GRILLED TURKEY WITH ONION SAUCE	LOMO A LAS FINAS HIERBAS GRILLED PORK LOIN WITH FINE HERBS	MERLUZA A LA PLANCHA ( 4, T2, T14 ) GRILLED HAKE ( 4, T2, T14 )	ROLLITO DE PRIMAVERA CON SALSA AGRIDULCE ( 1, 2, 6, 7, 8, 9, 10, 11, 12, 13, 14 ) SPRING ROLLS WITH SWEET AND SOUR SAUCE ( 1, 2, 6, 7, 8, 9, 10, 11, 12, 13, 14 )
<b>Guarnición Side dishes</b>	CUSCÚS SALTEADO ( 1, T6, T10 ) SAUTED COUSCOUS ( 1, T6, T10 )	BONIATO AL HORNO BAKED SWEET POTATO	GUISANTES SALTEADOS SAUTEED PEAS	ZANAHORIA CARROTS	EDAMAMES HERVIDOS ( 6 ) BOILED EDAMAMES ( 6 )
<b>Postre Desserts</b>	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	HELADO DE VAINILLA Y CHOCOLATE ( 6, 7 ) VANILLA AND CHOCOLATE ICE CREAM ( 6, 7 )

