

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

	Lunes/Monday	Martes/Tuesday DIA 1	Miercoles/Wednesday DIA 1	Jueves/Thursday * DIA 3	Viernes/Friday DIA 4
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, T2, T14) BAKED HAKE (4, T2, T14)	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



Solo BSB Castelldefels Year 7

Only BSB Castelldefels Year 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)



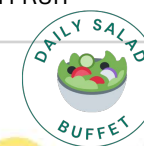
Sulfitos
Sulfites
(12)



Altramuces
Lupins
(13)



Moluscos
Molluscs
(14)



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

	Lunes/Monday DIA 7	Martes/Tuesday DIA 8	Miercoles/Wednesday DIA 9	Jueves/Thursday DIA 10	Viernes/Friday DIA 11
Primer Plato First	ESPAGUETIS A LA CARBONARA (1, 6, 7, T3, T6, T10) CARBONARA SAUCE PASTA (1, 6, 7, T3, T6, T10)	ARROZ SALTEADO SAUTEED RICE	FIDEUÁ DE VERDURAS CON ALIOLI (opcional) (1, 3, 9, T6, T10) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9, T6, T10)	TABULÉ CON MENTA, LIMÓN Y VEGETALES (1, 12, T6, T10) VEGETAL TABBOULEH WITH MINT AND LEMON (1, 12, T6, T10)	
Opción 2	BRÓCOLI CON PATATAS HERVIDAS BOILED BROCCOLI AND POTATOES	GAZPACHO CON PICATOSTES (1, 12)/ GAZPACHO (TOMATO CREAM) WITH CROUTONS (1, 12)	ENSALADA DE GARBANZOS (4, 12) / CHICKPEAS SALAD (4, 12)	JUDÍA VERDE CON PATATAS AL VAPOR BOILED GREEN BEANS AND POTATOES	FIESTA
Segundo Plato Second	BACALAO A LA ANDALUZA (1, 4) BREADED COD (1, 4)	TORTILLA DE JAMÓN (3) HAM OMELETTE (3)	POLLO AL HORNO CON MANZANA BAKED CHICKEN WITH APPLE	HAMBURGUESA DE TERNERA A LA PLANCHA (12) GRILLED BEEF BURGER (12)	HOLIDAY
Opción 2	LOMO DE CAÑA A LA PLANCHA GRILLED PORK LOIN	PAVO ESTOFADO TURKEY STEW	SALMÓN AL HORNO (4) BAKED SALMON (4)	FAJITAS DE FRIJOL 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	ZANAHORIA GLASEADA (7) /GLAZED CARROTS (7)	PIIENTO ASADO ROASTED PEPPER	TOMATE AL HORNO BAKED TOMATOE	
Postre/Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR (7) YOGURT (7)	FRUTA DE TEMPORADA FRESH FRUIT	

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

	Lunes/Monday DIA 14	Martes/Tuesday DIA 15	Miercoles/Wednesday DIA 16	Jueves/Thursday DIA 17	Viernes/Friday DIA 18
Primer Plato First	VICHYSOISE (7) VICHYSOISE (7)	ENSALADA DE PATATA (3, 4) POTATO SALAD (3, 4)	MACARRONES A LA PUTANESCA (1, 3, 7, 12, T3, T6, T10) MACARONI IN PUTANESCA SAUCE (1, 3, 7, 12, T3, T6, T10)	PAELLA DE CARNE MEAT RICE "PAELLA"	ENSALADA DE LENTEJAS (1, 12) LENTILS SALAD (1, 12)
Opción 2	FUSSILIS CON PESTO DE ALBAHACA (1, 3, 7, 12) SPIRALS IN PESTO SAUCE (1, 3, 7, 12)	CALABAZA CON JENGIBRE PUMPKIN WITH GINGER	GUISANTES SALTEADO SAUTEES PEAS	SOPA FRÍA DE MELÓN (7) COLD MELON SOUP (7)	ESPINACAS A LA CATALANA (7) CATALAN STYLE SPINACH (7)
Segundo Plato Second	ALBÓNDIGAS CON SALSA DE TOMATE (6, 12) MEATBALLS IN TOMATO SAUCE (6, 12)	POLLO A LAS FINAS HIERBAS CHICKEN WITH AROMATIC HERBS	TORTILLA DE PATATAS CON CEBOLLA (3) POTATOES AND ONION OMELETTE (3)	PESCADO FRESCO (2, 4, 14) FRESH FISH (2, 4, 14) 	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	COSTILLA DE CERDO EN SALSA BARBACOA (1, 12) PORK RIBS WITH BARBACUE SAUCE (1, 12)	HAMBURGUESA DE HEURA A LA PLANCHA (1, 6, 7) GRILLED VEGGIE BURGER (12) 	EMPANADILLAS DE ATÚN (1, 2, 3, 4, 6, 7, 9, 14) TUNA PATTIES (1, 2, 3, 4, 6, 7, 9, 14)
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	ARROZ INTEGRAL SALTEADO SAUTEED WHOLE GRAIN RICE
Postre/Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	YOGUR (7) YOGURT (7)	FRUTA DE TEMPORADA FRESH FRUIT	HELADO DE FRESA (7) STRAWBERRY ICE CREAM (7)

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

	Lunes/Monday DIA 21	Martes/Tuesday DIA 22	* Miércoles/Wednesday DIA 23	* Jueves/Thursday DIA 24	Viernes/Friday DIA 25
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	FUSSILIS AL PESTO (1, 7, T3, T6, T10) FUSILLI WITH PESTO (1, 7, T3, T6, T10)
Opción 2	MENESTRA DE VERDURAS BOILED MIXED VEGETABLES	FIDEUÁ MARINERA CON ALIOLI (opcional) (1, 3, 4, 9, T2) "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 4, 9, T2)	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, T2, T14) ANDALUSIAN HAKE (1, 4, T2, T14)	LIBRITO DE JAMÓN Y QUESO (1, 3, 6, 7, T2, T4, T9) HAM AND CHEESE PORK SCHNIZEL (1, 3, 6, 7, T2, T4, T9)	POLLO TANDOORI (7, 12) TANDOORI CHICKEN (7, 12)	LOMO A LA PLANCHA CON SALSA CHIMICHURRI (12) GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE (12)	TORTILLA DE PATATAS (3) / POTATOES OMELETTE (3)
Opción 2	DADOS DE PAVO ESTOFADOS TURKEY STEW	REVUELTO DE JAMÓN COCIDO (3) SCRAMBLED EGGS WITH HAM (3)	FALAFELS CON SALSA DE YOGUR (1, 6, 7) FALALFELS WITH YOGURT SAUCE (1, 6, 7)	BACALAO AL HORNO (4) BAKED HAKE (4)	POLLO A LA PLANCHA GRILLED CHICKEN
Guarnición Side dishes	TOMATE ALIÑADO SEASONED TOMATOE	BRÓCOLI BROCCOLI	PATATA SALTEADA SAUTEED POTATOES	ARROZ INTEGRAL SALTEADO SAUTEED WHOLE GRAIN RICE	GUISANTES PEAS
Postre/Desserts	FRUTA DE TEMPORADA FRESH FRUIT	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 28	Martes/Tuesday DIA 29	Martes/Tuesday DIA 30
Primer Plato First	PAELLA MARINERA (2, 4, 14) FISH PAELLA (2, 4, 14)	MACARRONES A LA NAPOLITANA CON QUESO (1,7,T3, T6, T10) PASTA WITH NAPOLITAN SAUCE AND CHEESE (1,7,T3, T6, T10)	CREMA DE VERDURAS DE TEMPORADA VEGETABLES CREAM
Opción 2	MENESTRA DE VERDURAS BOILED GMIXT VEGETABLES	COLIFLOR CON ZANAHORIA CAULIFLOWER WITH CARROTS	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)	BACALAO GRATINADO CON ALL I OLI (1, 3, 4) COD GRATIN WITH ALL.IOLI (1, 3, 4)	POLLO RUSTIDO BAKED CHICKEN
Opción 2	LOMO A LA PLANCHA GRILLED PORK LOIN	SALCHICHAS A LA PLANCHA (12) GRILLED SAUSAGES (12)	PESCADO BLANCO AL HORNO (4) BAKED FISH (4)
Guarnición Side dishes	CALABACÍN A LA PLANCHA GRILLED COURGETTE	ENSALADA FRESH SALAD	QUINOA CON VERDURAS QUINOA WITH VEGETABLES
Postre/ Desserts	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT	FRUTA DE TEMPORADA FRESH FRUIT