



MENU:

OCTOBER 2023 **BASAL**

HIHGSCHOOL- AMERICAN SCHOOL OF BARCELONA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

02

Vegetable paella
Veal ragout
Pizza with tuna, mushrooms and ham
Sautéed peas with onion
Bread and fresh seasonal fruit

03

Yakisoba tagliatelle
Chicken skewer with teriyaki sauce
Spring rolls
Kimchi-style cabbage
Bread and fresh seasonal fruit

04

Cream of vegetable soup with croutons
Spanish tuna omelette
Chicken fajitas with red beans
Sautéed Thai rice
Bread and fresh seasonal fruit

05

Macaroni with tomato
Veal burger with cheese on brioche bread
Scrambled eggs with cod
Wedge potatoes
Bread and vanilla custard

06

Potato gratin with Bolognese sauce
Croque-monsieur
Andalusian-style marinated chicken
Sautéed broccoli
Bread and fresh seasonal fruit

09

Portuguese green beans
Spanish omelette
Loin gyros with tzatziki sauce and sliced tomato
Fried green peppers
Bread and fresh seasonal fruit

10

Chickpea stew with vegetables
Kassler in apple sauce
Chicken tikka masala
Sautéed basmati rice
Bread and fresh seasonal fruit

11

Vegetable paella
Fish and chips
Ham croquettes
Eggplant battered in mild tartar sauce
Bread and flavored yogurt

12

FESTIVE

13

*FREE DISPOSAL
DAY*

16

Tagliatelle carbonara
Veal ragout
Ham pizza
Sautéed vegetable medley with Serrano ham
Bread and fresh seasonal fruit

17

Mexican rice (carrot, peas and tomato)
Chicken enchiladas
Minced veal tacos
Nachos with cheese
Bread and fresh seasonal fruit

18

Cauliflower soup and cheddar cheese
Roast ham with apple sauce and gravy
Chicken pot pie with mushrooms and corn
Zucchini with sautéed mushrooms with garlic and parsley
Bread and chocolate custard

19

Vegetable noodles
Steamed gyoza
Bacon uramaki with barbecue sauce
Japanese rice ball with nori and roasted sesame
Bread and fresh seasonal fruit

20

Lentil stew with vegetables
Fried eggs with bacon
Chicken fricassee
Wedge potatoes
Bread and fresh seasonal fruit

23

Basmati rice with chickpea curry
Ham cordon bleu
Potato and minced meat pie
Sautéed vegetables
Bread and fresh seasonal fruit

24

Tortellini with spinach pesto and tomato
Chicken in barbecue sauce
Veal fillet in cheese sauce
Sautéed corn and baby carrot
Bread and fresh seasonal fruit

25

Cream of roast pumpkin soup
Roast pork loin
Catalan-style turkey
Battered cauliflower
Bread and fresh seasonal fruit

26

Pinto beans with bacon
Homemade salmon, cheese and caramelized onion empanada
Fish finger sandwich with smoked sauce
Wedge potatoes
Bread and vanilla flan

27

Broccoli with Serrano ham velouté
Pork shoulder scrambled eggs
Chicken in pepitoria sauce
Couscous
Bread and fresh seasonal fruit

30

Sweet potato, spinach and coconut soup
Honey-roasted bacon and gravy
Chicken fillet with pepper and tomato reduction
Roast potatoes with garlic and thyme
Bread and fresh seasonal fruit

31

Chicken noodles with vegetables
Karaage chicken
Assorted sushi
Sautéed mushrooms with onion and shrimp
Bread and fresh seasonal fruit

