



# MENU:

OCTOBER 2023 **BASAL**

**KINDER- AMERICAN SCHOOL OF BARCELONA**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

02

Cuban style rice with hard-boiled egg  
Veal ragout with sautéed peas and carrot sticks  
Bread and fresh seasonal fruit

03

Tagliatelle with tomato sauce  
Roast chicken drumsticks with salad  
Bread and fresh seasonal fruit

04

Cream of vegetable soup with croutons  
Spanish omelette with salad  
Bread and fresh seasonal fruit

05

Alphabet soup  
Veal burger with cheese on brioche bread with wedge fries  
Bread and vanilla custard

06

Chickpea stew with vegetables  
Meatballs with sauce  
Bread and fresh seasonal fruit

09

Cream of vegetable soup  
Spanish omelette with salad  
Bread and fresh seasonal fruit

10

Chickpea stew with vegetables  
Chicken stew with potatoes and sautéed basmati rice  
Bread and fresh seasonal fruit

11

Neapolitan rice  
Fish and chips with salad  
Bread and flavored yogurt

12

*FESTIVE*

13

*FREE DISPOSAL DAY*

16

Tagliatelle with tomato sauce  
Veal ragout with sautéed vegetable medley  
Bread and fresh seasonal fruit

17

Neapolitan rice  
Chicken with sautéed vegetables and potato chips  
Bread and fresh seasonal fruit

18

Green beans with potato  
Grilled pork loin with salad  
Bread and chocolate custard

19

Pasta soup  
Chicken croquettes with lettuce, tomato and corn  
Bread and fresh seasonal fruit

20

Lentil stew with vegetables  
Omelette and wedge fries  
Bread and fresh seasonal fruit

23

Cuban style rice with hard-boiled egg  
Ham cordon bleu with salad  
Bread and fresh seasonal fruit

24

Macaroni with tomato sauce  
Roast chicken thigh with corn and sautéed baby carrot  
Bread and fresh seasonal fruit

25

Cream of roast pumpkin soup  
Roasted beef burger with breaded cauliflower  
Bread and fresh seasonal fruit

26

White beans stewed with vegetables  
Tuna turnovers with wedge fries  
Bread and vanilla flan

27

Zucchini cream with croutons  
Spanish omelette with salad  
Bread and fresh seasonal fruit

30

Galets soup  
Grilled pork loin with roast potatoes  
Bread and fresh seasonal fruit

31

Spaghetti with tomato salad  
Breaded chicken breast with salad  
Bread and fresh seasonal fruit

