



MENU:

SEPTEMBER 2025

VEGETARIAN

HIGHSCHOOL - AMERICAN SCHOOL OF BARCELONA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

Broccoli with potatoes
Spinach croquettes
-
Baked vegetables
Bread and seasonal fruit

02

Potato salad
Tofu in mushrooms sauce
-
-
Bread and chocolate custard

03

Brown rice with vegetables
Hummus with crudités
-
Roasted peppers
Bread and seasonal fruit

04

Lentils with vegetables
Vegetable sausages
-
Parmentier
Bread and seasonal fruit

05

Minestrone soup with stars
Spanish omelet
-
Potato chips
Bread and seasonal fruit

08

Cuban style rice
-
Scrambled eggs
Roasted zucchini
Bread and seasonal fruit

09

Vegetable cream with croutons
-
Spinach and blue cheese pizza
-
Bread and seasonal fruit

10

Three-color vegetables (green beans, carrots,
and potatoes)
-
Heura Nuggets
Escalivada (roasted vegetables)
Bread and natural yogurt

11

FESTIVE

12

NO SCHOOL

15

Tricolor vegetable (broccoli, carrot and
potato)
Veggie Burger
-
Sauteed corn
Bread and seasonal fruit

16

Vegetable lentils
Zucchini omelette
-
Roasted peppers
Bread and seasonal fruit

17

Brown rice with tomato
-
Vegetable meatballs in garden style
-
Bread and flavored yogurt

18

Mac and cheese
Heura nuggets
-
Sauteed vegetables
Bread and seasonal fruit

19

Carrot cream
-
Veggie Sausages
French fries
Bread and seasonal fruit

22

Potatoes cooked with mayonnaise
-
Spinach croquettes
Country stir-fry
Bread and seasonal fruit

23

Cuban style rice
-
Vegetable and texturized soybean fajitas
Nachos with cheese
Bread and seasonal fruit

24

FESTIVE

25

Vegetable noodles
Steamed vegetable gyozas
Spring roll
Baked zucchini
Bread and seasonal fruit

26

Chickpeas stewed with vegetables
-
Margarita pizza
Battered cauliflower
Bread and seasonal fruit

29

Carrot cream
Heura nuggets
-
Mediterranean stir-fry
Bread and seasonal fruit

30

Minestrone soup with whole wheat noodles
Veggie Burger
-
Corn cob
Bread and seasonal fruit



Back to school

