



# MENU:

SEPTEMBER 2025

VEGETARIAN

KINDER+ELEMENTARY - 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

