

Menu - November 2021 - March 2022

Week 1	Week 2	Week 3	Week 4
Monday	Monday	Monday	Monday
Steamed potatoes with peas	Crispy cabbage with potatoes	Steamed green beans and potatoes	Macarroni
Turkey kebab with white rice	Baked chicken with rosemary	Pork rib with orange with cous cous	Chicken cutlet with potato squares
Natural yogurt	Yogurt smoothie	Greek yogurt	Lemon yogurt*
Snack: parma ham baguette	Snack: parma ham baguette	Snack: chicken breast*baguette	Snack: cured sausage* baguette
Tuesday	Tuesday	Tuesday	Tuesday
Tagliatelle carbonara	Ricotta and spinach raviolis	Spiral pasta	Catalan mixed salad
Hake trunk* with lemon with salad	Grilled salmon* with salad	Tuna * or hake * grilled with salad	Rice with tomato and egg
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snack: pastry	Snack: cured sausage* baguette	Snack: pastry	Snack: parma ham baguette/ fruit
Wednesday	Wednesday	Wednesday	Wednesday
Cream of vegetables	Wholegrain rice with vegetables	Sauteed vegetables	Cream of lentils
Chicken sausages cous cous	Grilled pork with salad	Baked lasagne	Grilled lamb with potato wheels
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snack: nocilla baguette	Snack: cold ham baguette/Fresh fruit	Snack: bread with chocolate	Snack: sobrasada*baguette
Thursday	Thursday	Thursday	Thursday
Broth with pasta	Stewed lentils	Stewed chickpeas	Mixed vegetables
Steak and chips	Grilled fish * / Scrambled egg	Grilled or roast turkey with salad	Turkey stew with provencal tomato
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snack:chorizo baguette	Snack: cheese baguette	Snack: philadelphia baguette*	Snack: cheese baguette
Friday	Friday	Friday	Friday
Noodles with cuttlefish*	Vegetable soup	Mushroom risotto	Vegetable paella
Croquettes with salad	Meatballs with white rice	Hamburger with salad	Grilles sea bass* with salad
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snack: bacon* baguette	Snack: tuna* baguette	Snack: frankfurt baguette	Snack: turkey breast* baguette

Ingredients 100% organic production certified by Intereco except for bread and products indicated by *



2021-2022 Menu Calendar - St. Paul's School

September 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

September	
11	Local Holiday "La Diada"
13	First Day of School
24	Local Holiday "La Mercè"

October 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October	
12	National Holiday "Día de la Hispanidad"

November 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November	
1	National Holiday "All Saint's Day"

December 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December	
6	National Holiday "La Constitución"
7	School Holiday - Free Choice
8	National Holiday "La Inmaculada Concepción"
23	Start of Christmas Holidays

January 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January	
7	End of Christmas Holidays
10	First Day of Second Term
30 a 31	Ski, Cultural & Creativity Week

February 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

February	
1 a 3	Ski, Cultural & Creativity Week
4	School Holiday - Free Choice

March 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March	
-------	--

April 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

April	
11	First Day of Easter Holidays
18	Last Day of Easter Holidays
19	First Day of Third Term

May 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

May	
1	National Holiday "Labour Day"
2	School Holiday - Free Choice

June 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

June	
6	Local Holiday "Pentecost"
22	Charity Summer Fair
24	Local Holiday "San Juan"
27	Start of Summer School

July 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

July	
15	End of Summer School

August 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August	
15	National Holiday "Asunción la Virgen Maria"

