



THE BRITISH SCHOOL OF GRAN CANARIA
SUMMER CAMP

2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1-5 JULY WEEK 1	Soup with pasta stars 4-cheese salad with tangerine and seeds Fried squid with boiled potatoes and 'mojo' sauce Fruit	Cream of pumpkin soup Mixed leaf salad with tomato, onion, cucumber, red pepper & tuna Ham-filled ravioli Fruit	Cress soup Salad with apple, raisins & cheese Turkey Stew Fruit & yoghurt	Cream of courgette soup Salad with tomato, beetroot, turkey & fresh cheese Turkey in home-cooked carrot sauce with rice Fruit	Vegetable soup Coleslaw salad with apple and carrot Roast chicken with caramelised onion and couscous Fruit
8-12 JULY WEEK 2 	Clear broth with pasta Salad with peach, corn, red onion & seeds Fish & Chips Fruit	Chard & bean soup Coleslaw with carrot, corn, tomato & beetroot Pasta Bolognese Fruit	Cream of carrot soup Sausage Roll Turkey in gravy with roasted sweet potato and peppers Fruit & yoghurt	Vegetable soup with chick peas Salad with tuna, tomato, onion & cucumber Pork strips with curry sauce and rice Fruit	Cream of cauliflower soup Grilled vegetables Sausages & mash Fruit
15-19 JULY WEEK 3	Vegetable soup with rice Salad with tomatoes, cress & fresh cheese Croquettes with pasta bows and home-made tomato sauce OR PICNIC FOR DAY TRIPPERS Fruit	Cream of cauliflower soup Coleslaw with carrot, pineapple, turkey & cheese Croquettes with pasta bows and home-made tomato sauce OR PICNIC FOR DAY TRIPPERS Fruit	Corn stock soup Salad with pear, cheese and crunchy corn Cod in a tomato & vegetable sauce with couscous Fruit & yoghurt	Cream of broccoli & vegetables soup Salad with peach, carrot, corn, seeds & piquillo peppers Turkey in apple sauce with potatoes Fruit	Vegetable soup Mixed salad with tomato, cucumber, pepper & olives Tuna Lasagne Fruit
22-26 JULY WEEK 4	Beef stock soup Bean salad Spanish potato omelette Fruit	Pumpkin soup Salad with beetroot, green pepper, beansprouts and onion Chicken meatballs with sauce and rice Fruit	Lentil soup Tomatoes in vinaigrette Marinated pork loin in home-made tomato sauce with pasta tubes Fruit	Vegetable soup Coleslaw with apple Fish pieces in batter with boiled potatoes and 'mojo' sauce Fruit	Lentil soup Rocket salad with fresh cheese, beansprouts & tomato Grilled turkey in gravy with couscous Fruit & flan