



# THE BRITISH SCHOOL OF GRAN CANARIA SUMMER CAMP

**SOUTH 2024**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-5 JULY WEEK 1</b>	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
<b>8-12 JULY WEEK 2</b> 	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
<b>15-19 JULY WEEK 3</b>	Vegetable soup with rice  Salad with tomatoes, cress & fresh cheese  Croquettes with pasta bows and home-made tomato sauce  Fruit	Cream of cauliflower soup  Coleslaw with carrot, pineapple, turkey & cheese  Chicken wings in fine herbs with pasta tubes  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
<b>22-26 JULY WEEK 4</b>	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 or Flan