MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 - Oriental Friday
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables and "chorizo" (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Grilled pork loin and peppers	Chicken scallop (1,3,6,10)	Spanish potato and onion omelette (3)	Meatballs in sauce (6,10,11,12)	Katsu chicken fillet served with Japanese inspired curry sauce
Aubergine rolls with veggie bolognese and vegetables (6)	Seitan & Vegetables "tacos" (1,6)	Grilled salmon (4)	Vegetarian meatballs (6,9,12)	Katsu tofu served with curry sauce (1,6,10,12)
Mushrooms and bacon	Cus-cus (1,6,10)	Garlic bread (1,7)	Potato & garlic (12)	Steamed rice
Steamed potatoes (12)	Grilled seasonal vegetables	Grilled vegetables & pumpkin	Sauteéd onion, mushrooms and carrots	Baby carrots
House salad	Greek salad (7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
kcal 1102,1 Líp 33,0 Prot 26,9 HdC 174	kcal 765,7 Líp 34,8 Prot 31,2 HdC 82	kcal 695,3 Líp 20,4 Prot 26,4 HdC 102	kcal 681,2 Líp 27,3 Prot 27,3 HdC 82	kcal 996,9 Líp 50,8 Prot 54,0 HdC 81
10	11	12	13	14 - Mexican Friday
Homemade "picadillo" soup (1,3,6,10)	Aggio e olio spaguetti (1,3,6,10)	Green beans and paprika	Organic lentils soup and "chorizo" (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Pork skewers	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (1,6,10,14)	Spanish potato omelette and peppers (3)	Chicken "quesadilla" with caramelized onion (1)
	Vegetable hamburguer and caramelized onion (1,6)	- 1.61.6 · 1. · . · . · . · . · . · . · . · . ·		
Vegetables and tofu skewers (6,9,12)	Breaded pork loin and cheese (1,3,6,7,10)	Falafel & yogohurt sauce (1,6,7)	Herby chicken fillet	Veggie "quesadilla" with caramelized onion (1,6)
Roasted potatoes (12)	Diced zucchinni	Sauteéed pasta (1,3,6,10)	White asparagus	Roast peppers
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Sauteéd mushrooms	Grilled assorted vegetables	Guacamole
Four seasons salad with honey -mustard vinaigrette	Capresse salad (3,7)	Apple salad and cocktail sauce (3,6)	Tabouleh (1,6,10)	House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
577,7	kcal 765,7 Líp 34,8 Prot 31,2 HdC 82	kcal 1102,1 Líp 33,0 Prot 26,9 HdC 174	kcal 681,2 Líp 27,3 Prot 27,3 HdC 82	kcal 958,1 Líp 48,2 Prot 55,5 HdC 76
17	18	19	20	21 - Japanese Friday
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)	Peas with ham strips	"Riojana" style potatoes (12)	Chickpeas Casserole	Spring rolls (1,2,3,4,7,8,9,10,14)
Cheesy omelette (3,7)	Turkey ragout and mushrooms	Codfish with tomato sauce (2,4,14)	Grilled pork loin	Chicken with Oriental soy sauce (1,3,6)
Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)	Vegetarian "pakoras"	Grilled hamburguer with caramelized onion (1,6,12)	Homemade pisto and seitan mousaka (1,7)	Oriental Seitan with soy sauce (1,6)
		Vegan zucchini omelette	•	
Stir fry vegetables	Brussels sprouts	Sweet potatoes	Roasted potatoes and paprika (12)	Special fried rice (3,6)
Diced potatoes (12)	Cus cus (1,6,10)	Sautéed peppers and onion	Salteado de zanahoria con champiñones	Stir fried vegetables
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad & cocktail sauce (3,6)	Ensalada Tabouleh (1,6,10)	Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
kcal 727,5 Líp 25,7 Prot 26,4 HdC 98	kcal 693,6 Líp 17,7 Prot 45,8 HdC 88	kcal 770,0 Líp 20,6 Prot 26,8 HdC 119	kcal 842,3 Líp 45,0 Prot 45,9 HdC 63	kcal 989,8 Lip 40,0 Prot 35,5 HdC 122
24	25	26	27	28 - Italian Friday
Bacon & mushroom Risotto (7)	Creamy of pumpkin and carrot soup (12)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade "cocido" soup (1,3,6,10)	Capresse salad (3,7)
Saussage in tomato sauce (6,12)	Grilled salmon (4)	Marinated fish (1,4,6,10)	Chickpeas, vegetables, meat stew	Homemade bolognese lasagne (1,3,6,7,10)
	Roasted chicken and bay leaves			
Hommemade vegetable pie (1,2,3,4,6,7,10,14)	Vegetarian "chicken" fingers	Tofu & vegetables wok with soy sauce (6)	Veggie "cocido" (no meat)	Homemade veggie lasagna (peas or saya protein) (1,3,6,10)
Stir fry vegetables	Carrots and mushrooms	Roasted potatoes	Sauteéed cabbage	Garlic bread (1,7)
Diced potatoes (12)	Steamed rice	Sauteéed vegetables	White asparagus	Baby carrots
Cheff salad (12)	Mediterranean salad (3,4)	Green salad	Salad with cocktail sauce (3,6)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
kcal 707,5 Líp 39,8 Prot 25,1 HdC 62	kcal 852,8 Líp 26,1 Prot 39,6 HdC 115	kcal 663,4 Líp 26,4 Prot 31,2 HdC 75	kcal 857,9 Líp 30,4 Prot 34,5 HdC 111	kcal 760,6 Líp 20,6 Prot 39,1 HdC 105
31				
Sauteéd vegetables	1 2	3 4 5 6 7 8 9	10 11 12 13 14	

Egg on pisto bed (3)

Veal meatballs and vegetables (10,11,12)

Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey -mustard vinaigrette

759,0 Líp 27,2 Prot 17,7 HdC 111



Gluten Crustaceans Eggs Fish Peanut Soya Milk Tree nuts Celery Mustard Sesame Sulphur Lupin Molluscs

Secondary menu - March 2025

DESSERT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Plain omelette and peppers (3)	Chicken scallop (1,3,6,10)	Spanish potato and onion omelette (3)	Grilled salmon (4)	Katsu chicken fillet served with Japanese inspired curry sauce
Mushrooms	Cus-cus (1,6,10)	Garlic bread (1,7)	Potato & garlic (12)	Steamed rice
Steamed potatoes (12)	Grilled seasonal vegetables	Grilled vegetables & pumpkin	Sauteéd onion, mushrooms and carrots	Baby carrots
House salad	Greek salad (7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14
Homemade vegetable soup (1,3,6,10)	Aggio e olio spaguetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Zucchinni omelette (3)	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (1,6,10,14)	Spanish potato omelette and peppers (3)	Chicken "quesadilla" with caramelized onion (1)
Roasted potatoes (12)	Diced zucchinni	Sauteéed pasta (1,3,6,10)	White asparagus	Roast peppers
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Sauteéd mushrooms	Grilled assorted vegetables	Guacamole
Four seasons salad with honey -mustard vinaigrette	Capresse salad (3,7)	Apple salad and cocktail sauce (3,6)	Tabouleh (1,6,10)	House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Spring rolls (1,2,3,4,7,8,9,10,14)
Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)	Turkey ragout with mushrooms	Codfish & tomato sauce (2,4,14)	Plain omelette and "pisto" (3)	Chicken with Oriental soy sauce (1,3,6)
Stir fry vegetables	Brussels sprouts	Sweet potatoes	Roasted potatoes and paprika (12)	Special fried rice (3,6)
Diced potatoes (12)	Cus cus (1,6,10)	Sautéed peppers and onion	Salteado de zanahoria con champiñones	Stir fried vegetables
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad & cocktail sauce (3,6)	Tabouleh (1,6,10)	Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28
Mushrooms "risotto" (7)	Capresse salad (3,7)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade "cocido" soup (1,3,6,10)	Capresse salad (3,7)
Plain omelette (3)	Grilled salmon (4)	Marinated fish (1,4,6,10)	Chickpeas, vegetables, meat stew	Homemade veggie lasagna (peas or soya protein) (1,3,6,10)
Stir fry vegetables	Carrots and mushrooms	Roasted potatoes	Sauteéed cabbage	Garlic bread (1,7)
Diced potatoes (12)	Steamed rice	Sauteéed vegetables	White asparagus	Baby carrots
Cheff salad (12)	Mediterranean salad (3,4)	Green salad	Salad with cocktail sauce (3,6)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
	Seasonal Truit	Seasonal Truit		(Torribalitate desser ((Lip.)
31		_	-	
Sauteed vegetables	1 2 3 4 5 6	7 8 9 10 11 12 13		
Egg on pisto bed (3)	Gluten Crustaceans Eggs Fish Peanut Soya	Milk Tree nuts Celery Mustard Sesame Suppur Lup	in Molluscs	VEGETABLES PASTA RICE FGGS

HASTINGS SCHOOL

Roasted potatoes (12)

Pasta salad (1,3,6,10)

Four seasons salad with honey -mustard vinaigrette

Seasonal fruit

Secondary - No pork menu - March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Plain omelette and peppers (3)	Chicken (*) scallop (1,3,6,10)	Spanish potato and onion omelette (3)	Grilled salmon (4)	Katsu chicken (*) fillet served with Japanese inspired curry sauce
Mushrooms	Cus-cus (1,6,10)	Garlic bread (1,7)	Potato & garlic (12)	Steamed rice
Steamed potatoes (12)	Grilled seasonal vegetables	Grilled vegetables & pumpkin	Sauteéd onion, mushrooms and carrots	Baby carrots
House salad	Greek salad (7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14
Homemade vegetable soup (1,3,6,10)	Aggio e olio spaguetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Zucchinni omelette (3)	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (1,6,10,14)	Spanish potato omelette and peppers (3)	Chicken (*) "quesadilla" with caramelized onion (1)
Roasted potatoes (12)	Diced zucchinni	Sauteéed pasta (1,3,6,10)	White asparagus	Roast peppers
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Sauteéd mushrooms	Grilled assorted vegetables	Guacamole
Four seasons salad with honey -mustard vinaigrette	Capresse salad (3,7)	Apple salad and cocktail sauce (3,6)	Tabouleh (1,6,10)	House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Spring rolls (1,2,3,4,7,8,9,10,14)
Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)	Turkey (*) ragout with mushrooms	Codfish & tomato sauce (2,4,14)	Plain omelette and "pisto" (3)	Chicken (*) Oriental soy sauce (1,3,6)
Stir fry vegetables	Brussels sprouts	Sweet potatoes	Roasted potatoes and paprika (12)	Special fried rice (3,6)
Diced potatoes (12)	Cus cus (1,6,10)	Sautéed peppers and onion	Salteado de zanahoria con champiñones	Stir fried vegetables
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad & cocktail sauce (3,6)	Tabouleh (1,6,10)	Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28
Mushrooms "risotto" (7)	Capresse salad (3,7)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade "cocido" soup (1,3,6,10)	Capresse salad (3,7)
Plain omelette (3)	Grilled salmon (4)	Marinated fish (1,4,6,10)	Chickpeas, vegetables (no meat)	Bolognese lasagne (*) (1,3,6,7,10)
Stir fry vegetables	Carrots and mushrooms	Roasted potatoes	Sauteéed cabbage	Garlic bread (1,7)
Diced potatoes (12)	Steamed rice	Sauteéed vegetables	White asparagus	Baby carrots
Cheff salad (12)	Mediterranean salad (3,4)	Green salad	Salad with cocktail sauce (3,6)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
31	(*) Halal certificated	•		•
Sauteed vegetables				
Egg on pisto bed (3) Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey -mustard vinaigrette	1 2 3 4 5 6 Gluten Crustaceans Eggs Fish Peanut Soya	7 8 9 10 11 12 13 Milk Tree ruts Celery Mustard Sesame Sulphur dioside Lupi	n Molluses	VEGETABLES PASTA, RICE, EGGS FISH MEAT
rour seasons salad with noney -mustard vinaigrette Seasonal fruit	HASTINGS SCHOOL	Secondary - No pork menu (H	alai <i>) -</i> Marcn 2025	DESSERT

Mushrooms and bocon Cur-cus (gloten free) Steamed potatoes (12) Forilled seasonal regetables a pumpkin Found again of Mustrian and Carrots Forek sobid (7) Seasonal fruit Seasonal fruit Seasonal fruit Seasonal fruit Seasonal fruit 12 13 14 - Mexican Friday Homemade "picadillo" soup (gloten free pasts) Aggio e oilo spaguetti (gloten free pasts) Forek selwers Hake fillet with garlic and parsley (grilled) (4) Breaded calamari (gluten free; 14) Spanish potato and cheese mini pizzas (3.7) Aubergine, tomato and cheese mini pizzas (3.7) Diced potatoes (12) Aubergine, tomato and cheese mini pizzas (3.7) Four seasons soled with honey-mustard vinaignette Gapresse soled (3.7) Apple soled and normalized online (gluten free; 14) Seasonal fruit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gelied park list and papers Oriches scaling (care floor gloted reco) Gelied park list and papers Gelied park list list papers Gelied park list and papers Gelied park list and papers Gelied park list list papers Gelied papers Ge	3	4	5	6	7 - Oriental Friday
Restricts and leases Seasonal patricture (2) Seasonal	"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (7; allergen free)	Organic beans with vegetables and "chorizo" (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Sometic protection (27) Someti	Grilled pork loin and peppers	Chicken scallop (corn flour; gluten free)	Grilled salmon (4)	Meatballs in sauce (6,10,11,12)	Katsu chicken fillet served with Japanese inspired curry sauc
Season First Seas	Mushrooms and bacon	Cus-cus (gluten free)	Garlic bread (7: gluten free bread)	Potato & garlic (12)	Steamed rice
Second first Secon	Steamed potatoes (12)	Grilled seasonal vegetables	Grilled vegetables & pumpkin	Sauteéd onion, mushrooms and carrots	Baby carrots
Hannesode Pascallers' may given free parts) Aggine of the appears (given free parts) Pork shawers Habe filler with garls and parties (given free parts) According parties on plazed (37) According parties (37) Accordin	House salad	Greek salad (7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Apple Salad with honey and mustard sauce (10)
However pictells* see (joint free parts) Age e also sequest (given free parts) Peta Asserts Halla files with garlic and perclay (girlled) (s) Breaded colorant (glatter (rec. 14) Readed parts (2.3.4.2.1) Readed parts (2.3.4.2.2.1) Readed parts (2.3.4.2.2.1) Readed parts	Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
Perk showers Hake filler with garlic and paralary (grilled) (1) Breaded addison? (glutton free: 10) Abertine definers (11) Abertine states and otherse min parases (17) Four states and with horsy material vising relates (18) Apply institution of exhibit source (2,5) Four states and with horsy material vising relates (18) Sourced from Sourced parties (18) Sourced from Sourced from Sourced (2,7) Doed parties (12) Sourced from Sourced from Sourced (2,7) Ty 18 19 20 Reserved (States of the states of the states (18,7) Pass with horsemade source (Pivert) (7) Pass with horsemade source (Pivert) (7) Turkey regard and mulmoness Culfish with senate source (2,5,4) Site? fry vagotables Broaded (2,6) Sourced from Sourced from Sourced (2,7) Accordance (18,6) Sourced from Sourced (2,6) Site? fry vagotables Broaded (2,6) Sourced from Sourced (2,6) Sourced from Colleges Casserville Solad with residences (12) Accordance (18,6) Sourced (2,6) Sourced from Colleges (2,6) Tickey regard and mulmoness Solad with residences (2,6) Tickey regard (2,6) Solad with residences (2,6) Tickey from the colleges (2,6) Solad with residences (2,6) Tickey from the colleges (2,6) Tickey from the	10	11	12	13	14 - Mexican Friday
Roested printeres (12) Authorityme, (remain and chooses mine) pizzed (3.7) Four security existed from the control of these mine) pizzed (3.7) Secured from Security existed and control of the security existed printers and paperion (27). According to the security existed printers and paperion (27). Security expectations. Solid with resid-arranse integrated (12). Because first existed printers and paperion (27). Security expectations. Solid with resid-arranse integrated (12). Because first existed printers and paperion (27). Security expectations. Solid with resid-arranse integrated (12). Because first existed and control of control of control and control of contr	Homemade "picadillo" soup (gluten free pasta)	Aggio e olio spaguetti (gluten free pasta)	Green beans and paprika	Organic lentils soup and "chorizo" (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Authorizine, transita and relaces mini pizzus (7.7) Four seconose solarly with hange -marketary viseoprates (12) Seconose fruit Seconose frui	Pork skewers	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (gluten free: 14)	Spanish potato omelette and peppers (3)	Chicken "quesadilla" with caramelized onion (gluten free "tortito
Four seasons solid with honey-matered vineigneties Season frunt Season	Roasted potatoes (12)	Diced zucchinni	Sauteéed pasta (1,3,6,10)	White asparagus	Roast peppers
Seasonal fruit Season	Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Sauteéd mushrooms	Grilled assorted vegetables	Guacamole
17 18 19 20 21 - Taponese Friday Carrent (allergee free posts) with homenade souce (Pirets) (7) Peas with homenade souce (Pirets) (7) Turkey regard and machroons Codfish with transits souce (2,4,14) Cheery consistre (3,7) Turkey regard and machroons Codfish with transits souce (2,4,14) Serie fry vegetables Brassles spreads Serie fry vegetables Brassles spreads Acat car (1,6,10) Car car (1,6,10) Southed peapers and noin Sold with red-berries vivagrate (12) Mediterranean solid (3,4) Chicken saids discretifies (2,17) Peas the homenade descret (13,7) Peas the homenade souce (1,17) Reference of posts (1,17) Peas the homenade souce (1,17) Chicken saids of cryctal souce (1,17) Peas the posts (1,17) Southed peapers and noin South and collaborate car (1,17) South solid collisions (1,17) Peas the posts (1,17) South solid collisions (1,17) Peas the posts (1,17) Peas the homenade souce (1,17) Peas with homenade souce (1,17) Peas with homenade souce (1,17) Chicken and vegetables "Fideus" (cilorgen free posts) Chicken and vegetables "Fideus" (cilorgen free posts) Chicken sous (1,17) Southed solid (1,17) Peas the post (1,17) Peas with homenade souce (1,17) Peas with contrail souce (3,6) Apple Solid with homen and materiard souce (1,0) Post of the solid (1,1) Peas with homenade souce (1,1,17) Peas with homenade souce (1,1,17) Peas with homenade souce (1,1,1)	Four seasons salad with honey -mustard vinaigrette	Capresse salad (3,7)	Apple salad and cocktail sauce (3,6)	Tabouleh (1,6,10)	House salad (3,4)
Cheesy emalerte (3.7) Turkey regort and mushrooms Codfish with tomate souce (2.4.14) Cheesy emalerte (3.7) Turkey regort and mushrooms Codfish with tomate souce (2.4.14) Codfish with tomate souce (2.4.14)	Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
Cheesy smelette (3,7) Turkey raggut and mashroons Codifish with tomate sauce (2,4,14) Sitr fry vegetables Brussels sprouts Sweet potatoes Brussels sprouts Cus cus (1,5,10) Sautéed peopers and onion Solteado de zondonia con champillones Soltea	17	18	19	20	21 - Japanese Friday
Stir fry vegetables Brussels sprouts Sweet potatoes Brussels sprouts Sweet potatoes Brussels sprouts Sweet potatoes Saled department on the potatoes and paprilia (12) Saled department on the potatoes (12) Mediterraneous solad (3.4) Chicken solad & cocktail sauce (3.6) Tabouleh solad (allergren free pasta) Seasonal fruit	acaronni (allergen free pasta) with homemade sauce (Pirate) (7)	Peas with ham strips	"Riojana" style potatoes (12)	Chickpeas Casserole	Special fried rice (sweet corn, carrot, omelette) (3)
Diced potatoes (12) Cus cus (1,6,10) Southed peppers and onion Chicken solad & cocktail souce (3,6) Tabouleh solad (allergren free pasta) Oriental solad Sessonal fruit	Cheesy omelette (3,7)	Turkey ragout and mushrooms	Codfish with tomato sauce (2,4,14)	Grilled pork loin	Chicken with Oriental soy sauce (1,3,6)
Salad with red-berries viragreite (12) Mediterranean salad (3,4) Chicken salad & cocktail sauce (3,6) Tabouleh salad (allergren free pasta) Deliry dessert (7) Homenade dessert (1,3,7) 24 25 26 27 28 - Italian Friday Bacon & mushroom Risotto (7) Creamy of pumpkin and carrot soup (12) Chicken and vegetables "fideua" (allergen free pasta) Marinated fish (4; corn flour gluten free) Chickpeas, vegetables, meat stew Homenade bolognese lasagne (gluten free) Stir fry vegetables Carrots and mushrooms Roasted potatoes Diced potatoes (12) Steamed rice Sauteéed vegetables Cheff salad (12) Mediterranean salad (3,4) Seasonal fruit	Stir fry vegetables	Brussels sprouts	Sweet potatoes	Roasted potatoes and paprika (12)	
Seasonal fruit Season	Diced potatoes (12)	Cus cus (1,6,10)	Sautéed peppers and onion	Salteado de zanahoria con champiñones	Stir fried vegetables
24 25 26 27 28 - Italian Friday Bacon & mushroom Risorto (7) Creamy of pumpkin and carrot soup (12) Chicken and vegetables "fideua" (allergen free pasta) Homemade "cocido" soup (allergen free noodles) Capresse salad (3.7) Saussage in tomato sauce (6.12) Roasted chicken & bay leaves Marinated fish (4: corn flour gluten free) Chickpeas, vegetables, meat stew Homemade bolognese lasagne (gluten free) Stir fry vegetables Carrots and mushrooms Roasted potatoes Sauteéed cabbage Garlic bread (7: gluten free bread) Diced potatoes (12) Steamed rice Sauteéed vegetables White asparagus Baby carrots Cheff salad (12) Mediterranean salad (3.4) Green salad Salad with cocktail sauce (3.6) Apple Salad with honey and mustard sauce (10) Seasonal fruit Seasonal fruit Dairy dessert (7) Homemade dessert (1.3.7)	Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad & cocktail sauce (3,6)	Tabouleh salad (allergren free pasta)	Oriental salad
Bacon & mushroom Risotto (7) Creamy of pumpkin and carrot soup (12) Chicken and vegetables "fideua" (allergen free pasto) Homemade "cocido" soup (allergen free noodles) Capresse salad (3,7) Capresse salad (3,7) Capresse salad (3,7) Chickpeas, vegetables, meat stew Homemade bolognese lasagne (gluten free) Stir fry vegetables Carrots and mushrooms Roasted potatoes Sauteéed cabbage Garlic bread (7; gluten free bread) Diced potatoes (12) Steamed rice Sauteéed vegetables White asparagus Baby carrots Cheff salad (12) Mediterranean salad (3,4) Green salad Seasonal fruit Seasonal fruit Dairy dessert (7) Homemade dessert (1,3,7)	Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
Saussage in tomato sauce (6,12) Roasted chicken & bay leaves Marinated fish (4: corn flour gluten free) Chickpeas, vegetables, meat stew Homemade bolognese lasagne (gluten free) Stir fry vegetables Carrots and mushrooms Roasted potatoes Sauteéed cabbage Garlic bread (7: gluten free bread) Baby carrots Cheff salad (12) Mediterranean salad (3,4) Green salad Salad with cocktail sauce (3,6) Apple Salad with honey and mustard sauce (10) Seasonal fruit Dairy dessert (7) Homemade dessert (1,3,7)	24	25	26	27	28 - Italian Friday
Stir fry vegetables Carrots and mushrooms Roasted potatoes Sauteéed cabbage Garlic bread (7: gluten free bread) Diced potatoes (12) Steamed rice Sauteéed vegetables White asparagus Baby carrots Cheff salad (12) Mediterranean salad (3,4) Green salad Salad with cocktail sauce (3,6) Apple Salad with honey and mustard sauce (10) Seasonal fruit Seasonal fruit Dairy dessert (7) Homemade dessert (1,3,7)	Bacon & mushroom Risotto (7)	Creamy of pumpkin and carrot soup (12)	Chicken and vegetables "fideua" (allergen free pasta)	Homemade "cocido" soup (allergen free noodles)	Capresse salad (3,7)
Diced potatoes (12) Seasonal fruit Seasonal fruit Seasonal fruit Seasonal fruit Souteéed vegetables White asparagus Baby carrots Apple Salad with honey and mustard sauce (10) Apple Salad with honey and mustard sauce (10) Bairy dessert (7) Homemade dessert (1,3,7)	Saussage in tomato sauce (6.12)	Roasted chicken & bay leaves	Marinated fish (4; corn flour gluten free)	Chickpeas, vegetables, meat stew	Homemade bolognese lasagne (gluten free)
Cheff salad (12) Mediterranean salad (3,4) Green salad Salad with cocktail sauce (3,6) Apple Salad with honey and mustard sauce (10) Seasonal fruit Seasonal fruit Dairy dessert (7) Homemade dessert (1,3,7)	Stir fry vegetables	Carrots and mushrooms	Roasted potatoes	Sauteéed cabbage	Garlic bread (7: gluten free bread)
Seasonal fruit Seasonal fruit Dairy dessert (7) Homemade dessert (1,3,7)	Diced potatoes (12)	Steamed rice	Sauteéed vegetables	White asparagus	Baby carrots
Constitution Const	Cheff salad (12)	Mediterranean salad (3,4)	Green salad	Salad with cocktail sauce (3,6)	Apple Salad with honey and mustard sauce (10)
31	Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
	31				

Roasted potatoes (12)
Pasta salad (allergen free pasta)
Four seasons salad with honey -mustard vinaigrette

Sauteéd vegetables

Egg on pisto bed (3)

Seasonal fruit







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 - Oriental Friday
Soupy rice and vegetables	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Aubergine rolls with veggie bolognese and vegetables (6)	Seitan & Vegetables "tacos" (1,6)	Spanish potato and onion omelette (3)	Vegetarian meatballs (6,9,12)	Katsu tofu served with curry sauce (1,6,10,12)
Mushrooms and bacon	Cus-cus (1,6,10)	Garlic bread (1,7)	Potato & garlic (12)	Steamed rice
Steamed potatoes (12)	Grilled seasonal vegetables	Grilled vegetables & pumpkin	Sauteéd onion, mushrooms and carrots	Baby carrots
House salad	Greek salad (7)	Mediterranean salad (no animal protein)	"Murcia" style salad (3, no tuna)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14 - Mexican Friday
Homemade vvegetables soup (1,3,6,10)	Aggio e olio spaguetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilante
Vegetables and tofu skewers (6,9,12)	Vegetable hamburguer and caramelized onion $\left(1,6\right)$	Falafel & yogohurt sauce (1,6,7)	Spanish potato omelette and peppers (3)	Veggie "quesadilla" with caramelized onion (1,6)
Roasted potatoes (12)	Diced zucchinni	Sauteéed pasta (1,3,6,10)	White asparagus	Roast peppers
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Sauteéd mushrooms	Grilled assorted vegetables	Guacamole
Four seasons salad with honey -mustard vinaigrette	Capresse salad (3,7)	Apple salad and cocktail sauce (3,6)	Tabouleh (1,6,10)	House salad (no animal protein)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21 - Japanese Friday
caronni with homemade tomato sauce and cheese (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Special fried rice (carrot, corn flour, omelette) (3)
Cheesy omelette (3,7)	Vegetarian "pakoras"	Vegan zucchini omelette	Homemade pisto and seitan mousaka (1,7)	Oriental Seitan with soy sauce (1,6)
Stir fry vegetables	Brussels sprouts	Sweet potatoes	Roasted potatoes and paprika (12)	
Diced potatoes (12)	Cus cus (1,6,10)	Sautéed peppers and onion	Salteado de zanahoria con champiñones	Stir fried vegetables
Salad with red-berries vinagreite (12)	Mediterranean salad (no animal protein)	Chicken salad & cocktail sauce (3,6)	Tabouleh (1,6,10)	Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28 - Italian Friday
Mushroom Risotto (7)	Creamy of pumpkin and carrot soup (12)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Capresse salad (3,7)
Hommemade vegetable pie (1,2,3,4,6,7,10,14)	Vegetarian fingers (6)	Tofu & vegetables wok with soy sauce (6)	Veggie "cocido" (no meat)	Homemade veggie lasagna (peas or soya protein) (1,3,6,10
Stir fry vegetables	Carrots and mushrooms	Roasted potatoes	Sauteéed cabbage	Garlic bread (1,7)
Diced potatoes (12)	Steamed rice	Sauteéed vegetables	White asparagus	Baby carrots
Cheff salad (12)	Mediterranean salad (no animal protein)	Green salad	Salad with cocktail sauce (3,6)	Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)

HASTINGS SCHOOL

Sauteéd vegetables

Egg on pisto bed (3)

Roasted potatoes (12)

Pasta salad (1,3,6,10)

Four seasons salad with honey -mustard vinaigrette

Seasonal fruit

ons Eggs Fish Peanut Soya Milk Tree nuts Celery Mustard Sesame Sulphur dioside Lupin Molluscs

Secondary - vegetarian menu - March 2025

VEGETABLES

PASTA, RICE, EGGS

FISH

MEAT

DESSERT