


LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES																			
1					2					3					4					5																			
NOT A SCHOOL DAY					SCHOOL HOLIDAYS					SCHOOL HOLIDAYS					Spaguetti & pesto sauce (1,3,7)					Curry chick-peas & vegetables																			
															Meatballs in tomato sauce (1,6,12)					Homemade tuna pastry (1,3,4)																			
															Spanish potatoe omelette (3)					Herby chicken wings																			
															Stir fry vegetables Sweet corn & peas White asparagus & pico de gallo					Roast potatoe with garlic & rosemary (12) Capresse salad (7) Broccoli & carrots																			
Dairy					fruit					Seasonal fresh					Banana cake & caramel (1,3,7) Seasonal fresh fruit																								
kcal	Lip	Prot	HdC		kcal	Lip	Prot	HdC		kcal	Lip	Prot	HdC		kcal	1106.0	Lip	59.3	Prot	44.6	HdC	98	kcal	1313.0	Lip	43.8	Prot	49.4	HdC	180									
8					9					10					11					12																			
Milanesa rice (7)					NOT A SCHOOL DAY					Lentils soup (12)					Zucchini soup & cheese (7,12)					Chicken soup (1,3)																			
Fish goujons & lemon (1,3,4)										Fried eggs & bacon (3,6)					Meaty tortellini & tomato sauce (1,3,6,7)					Veal fillets on leeks sauce																			
Roast lacon										Fishfingers & BBQ sauce (1,3,4)					Croqué Mandame (1,3,6,7)					Chesse and ham omelette (3,6,7)																			
Diced potatoes & garlic Aubergine pizzas with tomato & cheese (7) Caesar salad (1,3,4,7)										Fresh fries Mediterranean salad (3,4) Steamed sprouts					Tuna salad (4) Sautéed aubergines Greek salad (7)					Tuna salad (4) Duchess potatoes (12) Grilled seasonal vegetables																			
Fresh fruit salad Seasonal fresh fruit					Fresh sliced fruit of the day Seasonal fresh fruit					Dairy					fruit					Seasonal fresh					Carrots cake (1,3,7)					Seasonal fresh fruit									
kcal	910.0	Lip	33.4	Prot	41.8	HdC	111	kcal	Lip	Prot	HdC		kcal	1136.0	Lip	49.1	Prot	48.3	HdC	125	kcal	1072.0	Lip	34.4	Prot	37.5	HdC	153	kcal	980.0	Lip	45.9	Prot	58.8	HdC	83			
15					16					17					18					19																			
Carrots soup & milk skin (7,12)					Macaronni Alfredo & chicken (1,3,7)					Beans & vegetables soup					Vegetables & rice wok (6)					Peas & ham																			
Magro & tomato					Squid fritters & lemon (1,3,14)					Spanish potatoe omelette (3)					Chicken & mushrooms					Grilled salmon (4)																			
Veggie quiche (leeks, zucchini) (1,3,7)					Veal fillet & mushrooms					Shish kabob (6)					Tuna salpicón (4)					Hot Dog (1,6,7)																			
Diced potatoes & garlic Sautéed chards Peppers salad					Boiled potatoes (12) Cauliflower & vinaigrette (12) Roast tomatoe & oregano					Cous-cous (1,3) Stir fry vegetables White asparagus and sauce (cocktail & mayo) (7)					Roast potatoe Coleslaw salad (3,6) Sweet corn & carrots					Mashed potatoe (7,12) Fried onion rings (1) Ratatouille																			
Fresh fruit salad Seasonal fresh fruit					Fresh orange juice Seasonal fresh fruit					Fresh sliced fruit of the day Seasonal fresh fruit					Dairy					Seasonal fresh					Lemon cake (1,3,7)					Seasonal fresh fruit									
kcal	882.0	Lip	35.7	Prot	44.6	HdC	96	kcal	967.0	Lip	46.3	Prot	28.0	HdC	110	kcal	810.0	Lip	28.6	Prot	28.3	HdC	110	kcal	930.0	Lip	43.4	Prot	45.6	HdC	89	kcal	925.0	Lip	43.4	Prot	58.2	HdC	75
22					23					24					25					26 - Themed day ITALY																			
Noodles soup & vegetables (1,3)					Au gratin spinachs (7)					Lentils soup & chorizo (12)					Japan rice with chicken & vegetables (3,6)					Homemade panini (tomato, chesse & oregano) (1,7)																			
Lacón & boiled potatoes (12)					Fish goujons & lemon (1,3,4,12)					Roast chicken					Saxony & peppers					Homemade traditional lasagna (1,3,7)																			
Eggs villarroy (1,2,3,4,6,7,12,14)					Roast turkey roti (1,6)					Homemade pisto pastry (1,3)					Squid fritters (1,3,14)					Cod alla Contadina (on vegetables bed)																			
French beans Hummus Garlic bread (1,7,12)					Roast potatoe Au gratin leeks (7) Sautéed mushrooms					Fresh fries Roast seasonal vegetables Salad & boiled egg (3)					Herby potatoes Lombardy & carrots salad with yoghurt sauce (7) Sweet corn & peas					Diced vegetable salad (3,4,6) Baked mushrooms Seasoned tomatoe with orange & AOVE (4)																			
Fresh fruit salad Seasonal fresh fruit					Fresh orange juice Seasonal fresh fruit					Fresh sliced fruit of the day Seasonal fresh fruit					Dairy					Seasonal fresh					Custard & biscuit (1,3,7) Seasonal fresh fruit														
kcal	661.0	Lip	30.4	Prot	17.7	HdC	79	kcal	778.0	Lip	26.2	Prot	53.6	HdC	82	kcal	948.0	Lip	41.4	Prot	41.8	HdC	102	kcal	786.0	Lip	31.1	Prot	27.2	HdC	99	kcal	1254.0	Lip	58.7	Prot	66.4	HdC	115
29					30					Energia expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú). Utilización de legumbres de producción ecológica.																													
Cauliflower only (1)					Carrots & sweet potatoe soup (12)					Diariamente se dispone de buffet de ensaladas.																													
Veal goulash (12)					Fish and chips (1,3,4,12)					VEGETABLES																													
Spanish potatoe omelette (3)					Curry chicken					PASTA, RICE, EGGS																													
Rosemary rice					Fresh fries					FISH																													
Tomato grillé					Cabbage & mayo (3,6)					MEAT																													
Grilled seasonal vegetables					Mixed salad (3,4)					DESSERTS																													
Fresh fruit salad Seasonal fresh fruit					Fresh orange juice Seasonal fresh fruit					1																													
kcal	894.0	Lip	54.2	Prot	29.0	HdC	73	kcal	776.0	Lip	28.1	Prot	30.8	HdC	100	2																							
										3																													
										4																													
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										10																													
										11																													
										12																													
										13																													
										14																													
										Gluten																													
										Crustaceans																													
										Eggs																													
										Fish																													
										Peanut																													
										Soya																													
										Milk																													
										Tree nuts																													
										Celery																													
										Mustard																													
										Sesame																													
										Sulphur dioxide																													
										Lupin																													
										Molluscs																													



Secondary menu Hastings School - November 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																	
1	2	3	4	5																	
NOT A SCHOOL DAY	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	Spaguetti & pesto sauce (1,3,7)	Curry chick-peas & vegetables																	
			Spanish potatoe omelette (3)	Homemade vegetables pastry (1,3)																	
			Stir fry vegetables Sweet corn & peas White asparagus & pico de gallo	Roast potatoe with garlic & rosemary (12) Capresse salad (7) Broccoli & carrots																	
			Dairy fruit Seasonal fresh	Banana cake & caramel (1,3,7) Seasonal fresh fruit																	
8	9	10	11	12																	
Rice with vegetables & tomato sauce	NOT A SCHOOL DAY	Lentils soup (12)	Zucchini soup & cheese (7,12)	Vegetables soup (1,3)																	
Fish goujons & lemon (1,3,4)		Fried eggs (3)	Stuffed aubergine & soya bolognese (1,6)	Veal fillets on leeks sauce																	
Diced potatoes & garlic Aubergine pizzas with tomato & cheese (7) Caesar salad (1,3,4,7)		Fresh fries Mediterranean salad (3,4) Steamed sprouts	Diced potatoes Sautéed aubergines Greek salad (7)	Tuna salad (4) Duchess potatoes (12) Grilled seasonal vegetables																	
Fresh fruit salad Seasonal fresh fruit		Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Carrots cake (1,3,7) fresh fruit Seasonal																	
15	16	17	18	19																	
Carrots soup & milk skin (7,12)	Macaronni Alfredo & chicken (1,3,7)	Beans & vegetables soup	Vegetables & rice wok (6)	Peas & garlic																	
Veggie quiche (leeks, zucchini) (1,3,7)	Veal fillet & mushrooms	Spanish potatoe omelette (3)	Chicken & mushrooms	Grilled salmon (4)																	
Diced potatoes & garlic Sautéed chards Peppers salad	Boiled potatoes (12) Cauliflower & vinaigrette (12) Roast tomatoe & oregano	Cous-cous (1,3) Stir fry vegetables White asparagus and sauce (cocktail & mayo) (7)	Roast potatoe Coleslaw salad (3,6) Sweet corn & carrots	Mashed potatoe (7,12) Fried onion rings (1) Ratatouille																	
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Lemon cake (1,3,7) fresh fruit Seasonal																	
22	23	24	25	26 - Themed day HALLOWEEN																	
Noodles soup & vegetables	Au gratin spinachs (7)	Lentils soup & vegetables (12)	Sautéed broccoli	Homemade paninni (tomato, chesse & oregano) (1,7)																	
Eggs villarroy (1,2,3,4,6,7,12,14)	Fish goujons & lemon (1,3,4,12)	Roast chicken	Japan rice with vegetables (6)	Cod alla Contadina (on vegetables bed) (1,4)																	
French beans Hummus Garlic bread (1,7,12)	Roast potatoe Au gratin leeks (7) Sautéed mushrooms	Fresh fries Roast seasonal vegetables Salad & boiled egg (3)	Herby potatoes Sweet corn & peas	Diced vegetable salad (3,4,6) Baked mushrooms Seasoned tomatoe with orange & AOVE (4)																	
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Custard & biscuit (1,3,7) Seasonal fresh fruit																	
29	30	Diariamente se dispone de buffet de ensaladas.																			
Cauliflower only (1)	Carrots & sweet potatoe soup (12)	1	2	3	4	5	6	7	8	9	10	11	12	13	14						
Spanish potatoe omelette (3)	Fish and chips (1,3,4,12)	Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs						
Rosemary rice Tomato grillé Grilled seasonal vegetables	Fresh fries Cabbage & mayo (3,6) Mixed salad (3,4)	<table border="1"> <tr> <td>VEGETABLES</td> </tr> <tr> <td>PASTA, RICE, EGGS</td> </tr> <tr> <td>FISH</td> </tr> <tr> <td>MEAT</td> </tr> <tr> <td>DESSERTS</td> </tr> </table>															VEGETABLES	PASTA, RICE, EGGS	FISH	MEAT	DESSERTS
VEGETABLES																					
PASTA, RICE, EGGS																					
FISH																					
MEAT																					
DESSERTS																					
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit																				



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES														
1	2	3	4	5														
NOT A SCHOOL DAY	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	Spaguetti & tomato sauce (1,3)	Curry chick-peas & vegetables														
			Veggie omelette (chick-peas flour)	Homemade vegetables pastry (1,3)														
			Stir fry vegetables Sweet corn & peas White asparagus & pico de gallo	Roast potatoe with garlic & rosemary (12) Capresse salad (7) Broccoli & carrots														
			Soya dairy (6) fresh fruit Seasonal	Banana cake & caramel (1,3,7) Seasonal fresh fruit														
8	9	10	11	12														
Aubergine pizzas with tomato & cheese (7)	NOT A SCHOOL DAY	Lentils soup (12)	Zucchini soup (12)	Vegetables soup (1,3)														
Rice with vegetables & tomato sauce		Fritter cauliflower & BBQ sauce (1,6)	Stuffed aubergine & soya bolognese (1,6)	Veggie omelette & spinach (chick-peas flour)														
Diced potatoes & garlic Carrots crudittes Salad (no animal protein)		Fresh fries Mediterranean salad (3,4) Steamed sprouts	Diced potatoes Tomato salad Greek salad (7)	Salad Duchess potatoes (12) Grilled seasonal vegetables														
Fresh fruit salad Seasonal fresh fruit		Fresh sliced fruit of the day Seasonal fresh fruit	Soya dairy (6) fresh fruit Seasonal	Carrots cake (1,3,7) Seasonal fresh fruit														
15	16	17	18	19														
Carrots soup (12)	Macaronni aglio e olio (1,3)	Beans & vegetables soup	Spring rolls (1,6)	Peas & garlic														
Veggie quiche (leeks, zucchini) (1,3,7)	Homemade veggie burger & mushrooms sauce (1,6)	(Veggie) Spanish potatoe omelette (chick-peas flour)	Vegetables & rice wok (6)	Grilled salmon (4) Hot Dog (1,6,7)														
Diced potatoes & garlic Sautéed chards Peppers salad	Boiled potatoes (12) Cauliflower & vinaigrette (12) Roast tomatoe & oregano	Cous-cous (1,3) Stir fry vegetables White asparagus and sauce (cocktail & mayo) (7)	Roast potatoe Coleslaw salad (3,6) Sweet corn & carrots	Mashed potatoe (7,12) Fried onion rings (1) Ratatouille														
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Soya dairy (6) fresh fruit Seasonal	Lemon cake (1,3,7) fresh fruit Seasonal														
22	23	24	25	26 - Themed day <i>ITALLY</i>														
Noodles soup & vegetables (1,3)	Spinach	Lentils soup & vegetables (12)	Sautéed broccoli	Homemade paninni (tomato, mushrooms & oregano) (1,7)														
Veggie omelette & french beans	Fritter tofu & lemon (1,6)	Homemade pisto pastry (1,3)	Japan rice with vegetables (6)	Seitan Milanesa (1,6)														
French beans Hummus Garlic bread (1,7,12)	Roast potatoe Au gratin leeks (7) Sautéed mushrooms	Fresh fries Roast seasonal vegetables Salad & boiled egg (3)	Herby potatoes Apple salad Sweet corn & peas	Diced vegetable salad (3,4,6) Baked mushrooms Seasoned tomatoe with orange & AOVE (4)														
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Soya dairy (6) fresh fruit Seasonal	Custard & biscuit (1,3,7) Seasonal fresh fruit														
29	30	Diariamente se dispone de buffet de ensaladas.																
Cauliflower only (1)	Carrots & sweet potatoe soup (12)	1	2	3	4	5	6	7	8	9	10	11	12	13	14			
Veggie potatoe omelette (chick-peas flour)	Spinach croquettes and chips (1,6)	Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Mollusca			
Rosemary rice Tomato grillé Grilled seasonal vegetables	Fresh fries Cabbage & mayo (3,6) Mixed salad (3,4)	<table border="1"> <tr> <td>VEGETABLES</td> <td>PASTA, RICE, EGGS</td> <td>DESSERTS</td> </tr> </table>														VEGETABLES	PASTA, RICE, EGGS	DESSERTS
VEGETABLES	PASTA, RICE, EGGS	DESSERTS																
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit																	

Vegetarian menu Hastings School - November 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES											
1	2	3	4	5											
NOT A SCHOOL DAY	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	Spaguetti & pesto sauce (1,3,7)	Curry chick-peas & vegetables											
			Spanish potatoe omelette (3)	Homemade tuna pastry (1,3,4)											
			Stir fry vegetables Sweet corn & peas White asparagus & pico de gallo	Roast potatoe with garlic & rosemary (12) Capresse salad (7) Broccoli & carrots											
			Dairy fruit Seasonal fresh	Banana cake & caramel (1,3,7) Seasonal fresh fruit											
8	9	10	11	12											
Rice with vegetables & tomato sauce	NOT A SCHOOL DAY	Lentils soup (12)	Zucchini soup & cheese (7,12)	Chicken soup (1,3)											
Fish goujons & lemon (1,3,4)		Fried eggs (3)	Chicken fillet (*) & tomato sauce with pasta (1,3)	Veal (*) fillets on leeks sauce											
Diced potatoes & garlic Aubergine pizzas with tomato & cheese (7) Caesar salad (1,3,4,7)		Fresh fries Mediterranean salad (3,4) Steamed sprouts	Diced potatoes Sautéed aubergines Greek salad (7)	Tuna salad (4) Duchess potatoes (12) Grilled seasonal vegetables											
Fresh fruit salad Seasonal fresh fruit		Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Carrots cake (1,3,7) fresh fruit Seasonal											
15	16	17	18	19											
Carrots soup & milk skin (7,12)	Macaronni Alfredo & chicken (1,3,7)	Beans & vegetables soup	Vegetables & rice wok (6)	Peas & garlic											
Veggie quiche (leeks, zucchini) (1,3,7)	Squid fritters & lemon (1,3,14)	Spanish potatoe omelette (3)	Chicken (*) & mushrooms	Grilled salmon (4)											
Diced potatoes & garlic Sautéed chards Peppers salad	Boiled potatoes (12) Cauliflower & vinaigrette (12) Roast tomatoe & oregano	Cous-cous (1,3) Stir fry vegetables White asparagus and sauce (cocktail & mayo) (7)	Roast potatoe Coleslaw salad (3,6) Sweet corn & carrots	Mashed potatoe (7,12) Fried onion rings (1) Ratatouille											
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Lemon cake (1,3,7) fresh fruit Seasonal											
22	23	24	25	26 - Themed day ITALY											
Noodles soup & vegetables	Au gratin spinachs (7)	Lentils soup & chorizo (12)	Japan rice with chicken (*) & vegetables (3,6)	Homemade paninni (tomato, chesse & orengano) (1,7)											
Eggs villarroy (1,2,3,4,6,7,12,14)	Fish goujons & lemon (1,3,4,12)	Roast chicken (*)	Squid fritters (1,3,14)	Cod alla Contadina (on vegetables bed) (1,4)											
French beans Hummus Garlic bread (1,7,12)	Roast potatoe Au gratin leeks (7) Sautéed mushrooms	Fresh fries Roast seasonal vegetables Salad & boiled egg (3)	Herby potatoes Lombardy & carrots salad with yoghurt sauce (7) Sweet corn & peas	Diced vegetable salad (3,4,6) Baked mushrooms Seasoned tomatoe with orange & AOVE (4)											
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	Fresh sliced fruit of the day Seasonal fresh fruit	Dairy fruit Seasonal fresh	Custard & biscuit (1,3,7) Seasonal fresh fruit											
29	30	Salad buffet daily. (*) Halal certified products.													
Cauliflower only (1)	Carrots & sweet potatoe soup (12)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Spanish potatoe omelette (3)	Fish and chips (1,3,4,12)	Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Rosemary rice	Fresh fries	VEGETABLES													
Tomato grillé	Cabbage & mayo (3,6)	PASTA, RICE, EGGS													
Grilled seasonal vegetables	Mixed salad (3,4)	FISH													
Fresh fruit salad Seasonal fresh fruit	Fresh orange juice Seasonal fresh fruit	MEAT													
		DESSERTS													



Halal menu Hastings School - November 2021