			THURSDAY	FRIDAY						
Hastings School - Secondar	u manu - Dacambar 2022	1	2 TEXMEX FRIDAY							
nastings school - secondal	y menu - December 2022		Pasta in bechamel sauce & mushrooms (1,3,7)	Chicken corn soup						
			Pan seared hake fillet (4)	Texmex chicken fajitas (complete) (1,6)						
			Herby chicken fillet	Grilled veggie fajitas (complet) (1,6)						
			Roasted potatoes (12)	Parsley white rice						
1 2 3 4 5 6	7 8 9 10 11 12 Wilk Turnette Colume Muttated Colume Sulphur	13 14	Sautéed vegetables	Guacamole						
Gluten Crustaceans Eggs Fish Peanut Soya	Milk Tree nuts Celery Mustard Sesame dioside	Lupin Molluscs HASTINGS	Roasted tomato & oregano	Ear of corn						
			Nicoise salad (7)	House salad (3,4,6)						
		SCHOOL	Dairy dessert (7)	Homemade "Tres leches" with vanilla & cinnamon (1,3,7)						
Energy expressed in Kcal and macronutrients in grams (evaluation of the	e main dishes on the menu). Use of organically produced legumes.		Seasonal fruits	Seasonal fruits						
MONDAY	TUESDAY	WEDNESDAY	kcal 1031,0 Líp 54,6 Prot 51,0 HdC 84	kcal 995,0 Líp 59,7 Prot 46,1 HdC 68						
5	6	7	8	9 - ISRAELI FRIDAY						
Rice & tomato		Creamy pumpkin soup with croutons & diced cheese (1,3,7,12)		Vegetable Hamin (Shabbat stew)						
Grilled hake in garlic (4)		Grilled turkey fillet		Chicken Shawarma in "pita" bread (1) Seitan Shawarma in "pita" bread (1,6)						
Assorted croquettes (1,2,3,4,6,7,8,9,10,14)		Herby salmon (4)								
Roasted potatoes (12)	_	Roasted potato (12)	-	Homemade hummus						
Sautéed Cauliflower	NOT A SCHOOL DAY	Diced zucchini	NOT A SCHOOL DAY	Homemaae nummus Roasted aubergine with spices Cous-cous (1,3,6,10)						
Ratatouille	NOT A SCHOOL DAT	Roasted bell peppers	NOT A SCHOOL DAT							
Mixed salad with boiled eggs (3,4)		Mediterranean salad (3,4)		Israeli salad						
Dairy dessert (7) Seasonal fruits		Custard & biscuits (1,7) Seasonal fruits		Cocoa marbled cake						
kcal Líp Prot HdC		kcal 934,0 Líp 14,7 Prot 16,1 HdC 184		kcal Líp Prot HdC						
12	13	14	15	16 - U.S.A. FRIDAY						
Veggie spring rolls (1,6)	Veggie paella	Chicken Caesar salad with croutons (1,3,4,6,10)	Organic lentils & vegetables	Mac & cheese (1,3,7)						
Chicken skewers in soy sauce	Calamari alla Romana with lemon (1,3,14) (pieces of squid coated in seasoned flour and deep fried with lemon slices)	Herby hake fillet (4)	Turkey Schnitzel (1,3,7)	Beef hamburger (with bacon, cheese, tomato & lettuce) (1,3,6,7,12)						
Seitan, pepper & onion skewers (1)	Grilled chicken supreme	Homemade pisto "empanada" (1,3)	Spanish "tortilla" (3,12)	(1,5,6,7,12) Veggie hamburger (1,6,8,12)						
Vegetables chop suey	Grilled vegetables	Mushrooms Provençal	Sautéed green beans	Caramelized onion						
Steamed Rice	Diced zucchini	Roasted potatoes (12)	Aubergine minipizzas	American coleslaw salad (3,6)						
Diced zucchini	Grilled aubergine	Steamed Brussels sprouts	Roasted potatoes (12)	Sautéed mushrooms						
Green salad tossed with cilantro dressing	Greek salad (7)	Tomato & tuna salad (4)	Tabouleh salad (1)	Mixed salad (3,4)						
Dairy dessert (7)	Dairy dessert (7)	Custard & biscuits (1,7)	Pudding rice (1,7)	Strawberry Cheesecake (1,3,7)						
Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits						
kcal 1010,0 Líp 38,3 Prot 28,9 HdC 137	kcal 927,0 Líp 37,4 Prot 56,1 HdC 92	kcal 805,0 Líp 18,4 Prot 18,4 HdC 141	kcal 876,0 Líp 22,7 Prot 28,5 HdC 139	kcal 1153,0 Líp 62,1 Prot 45,3 HdC 103						
19	20	6666 36 38 21 66 66 38 38 38 38 38 38 38 38 38 38 38 38 38	22							
Homemade chicken soup & noodles (1,3,6,10)	Meaty tortellini pomodoro with cheese (1,3,6,7,10)	Creamy pumpkin and sweet potatoes soup (12)								
			1							
Meatballs in homemade tomato sauce (6,12)	Pork loin skewers and bell peppers	Turkey goujons with apple & carrots sauce	No Colloni							
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14)	Hake fillet to Menière style (1,4,7)	Seitan goujons with apple & carrots sauce (1)	NO SCHOOL							
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14) Parsley rice	Hake fillet to Menière style (1,4,7) Roasted potatoes (12)	Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7)	NO SCHOOL							
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14)	Hake fillet to Menière style (1,4,7) Roasted potatoes (12) Grilled seasonal vegetables	Seitan goujons with apple & carrots sauce (1)	NO SCHOOL	VEGETABLES						
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14) Parsley rice Sautéed vegetables Herby mushrooms	Hake fillet to Menière style (1,4,7) Roasted potatoes (12) Grilled seasonal vegetables Roasted tomato with olive oil and oregano	Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7)	NO SCHOOL	VEGETABLES PASTA, RICE, EGGS						
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14) Parsley rice Sautéed vegetables	Hake fillet to Menière style (1,4,7) Roasted potatoes (12) Grilled seasonal vegetables	Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7) Green beans with AOVE	NO SCHOOL							
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14) Parsley rice Sautéed vegetables Herby mushrooms Green salad with apple (1,3,4,6,7) Dairy dessert (7)	Hake fillet to Menière style (1,4,7) Roasted potatoes (12) Grilled seasonal vegetables Roasted tomato with olive oil and oregano Mediterranean salad (3,4) Dairy dessert (7)	Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7) Green beans with AOVE Diced zucchini House salad Homemade carrot and cinnamon cake	NO SCHOOL	PASTA, RICE, EGGS						
Meatballs in homemade tomato sauce (6,12) Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14) Parsley rice Sautéed vegetables Herby mushrooms Green salad with apple (1,3,4,6,7)	Hake fillet to Menière style (1,4,7) Roasted potatoes (12) Grilled seasonal vegetables Roasted tomato with olive oil and oregano Mediterranean salad (3,4)	Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7) Green beans with AOVE Diced zucchini House salad	NO SCHOOL LUNCH	PASTA, RICE, EGGS FISH						

			THURSDAY	FRIDAY								
			1	2 TEXMEX FRIDAY								
Hastings School - Seconda	-		Pasta in bechamel sauce & mushrooms (1,3,7)	Chicken corn soup								
Vegetari	an menu		Pan seared hake fillet (4) Herby chicken fillet	Grilled veggie fajitas (complete) (1,6)								
			Roasted potatoes (12)	Parsley white rice								
1 2 3 4 5 6	7 8 9 10 11 12 Hull Taxanta Colana Humand Colana Sulphur	13 14	Sautéed vegetables	Guacamole Ear of corn Mixed salad (no animal protein)								
Gluten Crustaceans Eggs Fish Peanut Soya	Milk Tree nuts Celery Mustard Sesame dioside	Lupin Molluses HASTINGS	Roasted tomato & oregano									
		SCHOOL	Nicoise salad (no cheese)									
Use of organically produced legumes.		Soya dessert (1,6)										
MONDAY	TUESDAY	WEDNESDAY	Seasonal fruits Seasonal fruits									
5	6	7	8	9 - ISRAELI FRIDAY								
Rice & tomato	_	Creamy pumpkin soup with croutons (1,12)		Vegetable Hamin (Shabbat stew)								
Homemade spinach croquettes (with vegetable drink)		Scrambled tofu & mushrooms (with chickpeas flour)		Seitan Shawarma in "pita" bread (1,6)								
Roasted potatoes (12)	NOT A SCHOOL DAY	Roasted potato (12)	NOT A SCHOOL DAY	Homemade hummus								
Sautéed Cauliflower	NOT A SCHOOL DAT	Diced zucchini	NOT A SCHOOL DAT	Roasted aubergine								
Ratatouille		Roasted peppers		Cous-cous (1,3,6,10)								
Mixed salad (no animal protein)		"Mediterranean" salad (3,4)		Israeli salad								
Soya dessert (1,6) Seasonal fruits	-	Soya dessert with biscuit (1,6) Seasonal fruits		Cocoa marbled cake								
12	13	14	15	16 - U.S.A. FRIDAY								
Veggie spring rolls (1,6)	Veggie paella	Vegetarian salad with croutons (1)	Organic lentils & vegetables	Macaroni aggio e olio (1)								
Seitan, pepper & onion skewers (1)	Tofu alla Romana with lemon (1,6) (pieces of tofu coated in seasoned flour and deep fried with lemon slices)	Homemade pisto "empanada" (1,3)	Spanish "tortilla" (with chickpeas flour)	Veggie hamburger (1.6.8.12)								
Vegetables chop suey	Grilled vegetables	Sautéed mushrooms	Sautéed green beans	Caramelized onions								
Rice	Diced zucchini	Roasted potatoes (12)	Aubergine minipizzas	American coleslaw salad (3,6)								
Diced zucchini	Grilled aubergine	Steamed Brussels sprouts	Roasted potatoes (12)	Sautéed mushrooms								
Oriental salad with cilantro (6)	Greek salad (no cheese)	Tomato salad (no tuna)	Tabouleh salad (1)	Mixed salad (no animal protein)								
Soya dessert (1,6) Seasonal fruits	Soya dessert (1,6) Seasonal fruits	Soya dessert with biscuit (1,6) Seasonal fruits	Pudding rice (1,with vegetable drink) Seasonal fruits	Soya dessert (1,6) Seasonal fruits								
19	20	21 36 36 36 36 36 36 36 36 36 36 36 36 36 3	22									
Homemade vegetables soup & noodles (1,6,10)	Sautéed pasta with AOVE and oregano (1,6,10)	Creamy pumpkin and sweet potatoes soup (12)										
Veggie meatballs in homemade tomato sauce (with peas or soya protein)	Zucchini and red pepper "tortilla" (with chickpeas flour)	Baked seitan goujons with apple & carrots sauce (1)		VEGETABLES PASTA, RICE, EGGS								
Parsley rice	Roasted potatoes (12)	Risolada potatoes & AOVE		FISH								
Roasted tomato with olive oil and oregano	Grilled seasonal vegetables	Green beans in AOVE	NO LUNCH	MEAT								
Herby mushrooms	Sautèed cauliflower	Diced zucchini		DESSERT								
Green salad with apple (1,6)	Mediterranean salad (no animal protein)	Spinach salad										
Soya dessert (1,6) Seasonal fruits	Soya dessert (1,6) Seasonal fruits	Soya dessert with biscuit (1,6) Seasonal fruits	Chrismadilates									
	Jeasonar Frans		1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1									

																					TH	IURSDA	ſ					FRIC	AY			
	Ha	istinas S	ichoo	l - Se	cond	larv n	nenu -	Dec	em	ber 2	2022	2									2 TEXMEX FRIDAY						۲					
	Hastings School - Secondary menu - December 2022 Gluten free						GI	uten free pas	ita in "b	bechamel" sauc	e å mushroon	<mark>ns</mark> (corn	Chicken corn soup						_													
					Giu		CC															<u>flour)</u>										
																					Herl	by chicken fille	21			Texme	ex chic	ken faji	tas (gluten	free) (6)	
	_		_	_			_		_												Roas	ted potatoes (1	2)		Parsley rice							
1		2 3	4	5	6		8	9			11	12 Sulphur		13 14							Sau	téed vegetable	s					Guaca	mole			
Gluten	Crus	taceans Eggs	Fish	Peanut	Soyo	a Milk	Milk Tree nuts Celery Mustard Sesame dioside Lupin								olluscs			HASTINGS				Ear of corn										
																		SCHOOL			Nie	coise salad (7)						Salad (3,4,6)			
Use of organ	nically (produced legum	nes.															90HOOF				airy dessert (7)			Но	lomemade	e "Tres le		h vanilla & c	innamon (1	,3,7)	
		MO	NDAY				TUESDAY WEDNESDAY												5	Seasonal fruits			Seasonal fruits									
			5						6								7					8					9 -	ISRAE	I FRIDAY		\$	
		Rice	å tomato										C	reamy	y pumpkin			s (gluten free bread)	å							Ve	egetabl	e Hamin	(Shabbat	stew)		
						diced cheese																										
		Grilled hal	ke in garlie	: (4)			Grilled turkey fillet							let							Chicken Shawarma in bread (gluten free)											
			-																													
	Roasted potatoes (12) Sautéed Cauliflower			N	NOT A SCHOOL DAY							Roasted potato (12)						NOT A SCHOOL DAY			Homemade hummus											
					NOT A SCHOOL DAY								Diced zucchini						NOT A SCHOOL DAT				Roasted aubergine									
	Ratatouille Mixed salad with boiled eggs (3,4)			Roasted peppers													Cous-cous (1,3,6,10)															
											"Mediterranean" salad (3,4)										Israeli salad											
	Dairy dessert (7) Seasonal fruits												Custard & biscuits (1,7) Seasonal fruits											C	locoa mar	oled cake						
			12					13						14						15						16 - U.S.A. FRIDAY						
		<u>Grilled</u>	vegetable	<u>s</u>				V	eggie	aella				Chi	icken Cae	esar salad	with crow	utons (1,3,4,6,10)	Organic lentils & vegetable			tables		Mac & cheese (1,3,7)								
		Chicken skew	vers in soy	sauce				Grilled	chick	n supren	10					Herby h	ake fillet	(4)		Spanish "tortilla" (3,12)				Beef hamburger (with bacon, cheese, tomato & lettuce) (6,7,12 (gluten free bread)								
		Vegetabl	les chop su	ey				Grill	led veg	etables						Sautée	d mushrool	ms		Sautéed green beans					Caramelized onion							
			Rice					Di	iced zu	cchini						Roasted	potatoes ((12)		Aubergine minipizzas					American coleslaw salad (3,6)							
		Dicec	l zucchini					Gril	lled au	pergine					5	Steamed B	russels sp	prouts			Roas	ted potatoes (1	2)									
		Oriental salad	l with cila	n tro (6)				Gre	eek sa	lad (7)					1	Tomato &	tuna sala	d (4)			Tab	bouleh salad (1)		Mixed salad (3,4)							
	Dairy dessert (7) Seasonal fruits								airy des easonal	sert (7) fruits							& biscuits (i ional fruits	1,7)				Strawberry Cheesecake (1,3,7) Seasonal fruits										
			19						20				-	(6)	19	888 ·	21 🤹	des te des te	*			22										
н	omem	ade chicken so	up & nood	es (gluter	n free)		<u>Gluten fr</u>	ee pasta t	to pom	odoro wit	th chees	se (3,7)		Cr	reamy pur			tatoes soup (12)	.													
Ve	Veal meatballs in homemade tomato sauce (6,12)			Pork loin skewers and bell peppers							Baked turkey goujons with apple & carrots sauce																					
		Pars	ley rice				Roasted potatoes (12)							Risolada potatoes & butter (7)							~		101	,					VEGE	TABLES	5	
	Roasted tomato with olive oil and oregano Herby mushrooms			Grilled seasonal vegetables							Green beans with AOVE							ノ	LUN	VCH							RICE, EG					
				Sautéed cauliflower							Diced zucchini						NO LUNCH									ISH						
	G	reen salad wit	h apple (1	,3,4,6,7)			Mediterranean salad (3,4) Dairy dessert (7) Seasonal fruits							Salad with fried bacon				4.00											1EAT			
			dessert (7) onal fruits										Homemade carrot and cinnamon cake (gluten free Seasonal fruits				Christin	(Arranaolusies)				DESSERT										

			THURSDAY	FRIDAY									
Hastings School - Secon	dary - December 2022		1	2 TEXMEX FRIDAY									
Halai	menu		Pasta with bechamel sauce & mushrooms (1,3,7)	Vegetable corn soup									
			Pan seared hake fillet (4) Herby chicken fillet	Texmex chicken (*) fajitas (complete) (1,6)									
			Roasted potatoes (12)	Rice									
1 2 3 4 5 6 Gluten Crustaceans Eggs Fish Pearut Soya	7 8 9 10 11 12 Milk Tree nuts Celery Mustand Sesame Sulphur	13 14 Lupin Molluscs	Sautéed vegetables	Guacamole Ear of corn									
Gluten Crustaceans Eggs Fish Peanut Soya	Milk Tree nuts Celery Mustard Sesame dioside	Lupin Molluses HASTINGS	Roasted tomato & oregano										
		SCHOOL	Nicoise salad (7)	Salad (3,4,6)									
lse of organically produced legumes.	THECOAY		Dairy dessert (7)	Homemade "Tres leches" with vanilla & cinnamon (1,3,7)									
MONDAY	TUESDAY	WEDNESDAY		Dairy dessert (7) Homemade "Tres leches" with vanilla & cinnamon (1,3,7) 8 9 - ISRAELI FRIDAY Vegetable Hamin (Shabbat stew) Chicken (*) Shawarma in "pita" bread (1) Homemade hummus Roasted aubergine Cous-cous (1,3,6,10)									
5	6	7	8	9 - ISRAELI FRIDAY									
Rice & tomato		Creamy pumpkin soup with croutons & diced cheese (1,3,7,12)		Vegetable Hamin (Shabbat stew)									
Grilled hake in garlic (4)		Grilled salmon (4)		Chicken (*) Shawarma in "pita" bread (1)									
Roasted potatoes (12)	NOT A SCHOOL DAY	Roasted potato (12)	NOT A SCHOOL DAV	Homemade hummus									
Sautéed Cauliflower	NOT A SCHOOL DAT	Diced zucchini	NOT A SCHOOL DAT	Roasted aubergine									
Ratatouille		Roasted peppers		Cous-cous (1,3,6,10)									
Mixed salad with boiled eggs (3,4)		"Mediterranean" salad (3,4)		Israeli salad									
Dairy dessert (7) Seasonal fruits		Custard & biscuits (1,7) Seasonal fruits		Cocoa marbled cake									
12	13	14	15	16 - U.S.A. FRIDAY									
Veggie spring rolls (1,6)	Veggie paella	Chicken Caesar salad with croutons (1,3,4,6,10)	Organic lentils & vegetables	Mac & cheese (1,3,7)									
Chicken (*) skewers to oriental style	Grilled chicken supreme	Homemade pisto "empanada" (1,3)	Spanish "tortilla" (3,12)	Veggie hamburger (1,6,8,12)									
Vegetables chop suey	Grilled vegetables	Sautéed mushrooms	Sautéed green beans	Caramelized onion									
Rice	Diced zucchini	Roasted potatoes (12)	Aubergine minipizzas	American coleslaw salad (3,6)									
Diced zucchini	Grilled aubergine	Steamed Brussels sprouts	Roasted potatoes (12)	Sautéed mushrooms									
Oriental salad with cilantro (6)	Greek salad (7)	Tomato & tuna salad (4)	Tabouleh salad (1)	Mixed salad (3,4)									
Dairy dessert (7) Seasonal fruits	Dairy dessert (7) Seasonal fruits	Custard & biscuits (1,7) Seasonal fruits	Pudding rice (1,7) Seasonal fruits	Strawberry Cheesecake (1,3,7) Seasonal fruits									
19	20	21	22										
Homemade vegetables soup & noodles (1,6,10)	Sautéed pasta with AOVE and oregano (1,6,10)	Creamy pumpkin and sweet potatoes soup (12)											
Baked-breaded cuttlefish & lemon (1,2,3,4,6,7,12,14)	Hake fillet to Menière style (1,4,7)	Baked seitan goujons with apple & carrots sauce (1)											
Parsley rice	Roasted potatoes (12)	Risolada potatoes & butter (7)											
Roasted tomato with olive oil and oregano	Grilled seasonal vegetables	Green beans with AOVE	NO LUNCH	VEGETABLES									
Herby mushrooms	Sautéed cauliflower	Diced zucchini		PASTA, RICE, EGGS									
Green salad with apple (1,3,4,6,7)	Mediterranean salad (3,4)	Spinach salad		FISH									
Dairy dessert (7)	Dairy dessert (7)	Homemade carrot and cinnamon cake	عالياته	MEAT									
Seasonal fruits	Seasonal fruits	Seasonal fruits	and the second	DESSERT									