

Hastings School - Secondary menu - December 2022

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs



Energy expressed in Kcal and macronutrients in grams (evaluation of the main dishes on the menu). Use of organically produced legumes.

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
5					6					7					8					9 - ISRAELI FRIDAY																			
Rice & tomato					NOT A SCHOOL DAY					Creamy pumpkin soup with croutons & diced cheese (1,3,7,12)					NOT A SCHOOL DAY					Vegetable Ham in (Shabbat stew)																			
Grilled hake in garlic (4)										Grilled turkey fillet										Chicken Shawarma in "pita" bread (1)																			
Assorted croquettes (1,2,3,4,6,7,8,9,10,14)										Herby salmon (4)										Seitan Shawarma in "pita" bread (1,6)																			
Roasted potatoes (12) Sautéed Cauliflower Ratatouille										Roasted potato (12) Diced zucchini Roasted bell peppers Mediterranean salad (3,4)										Homemade hummus Roasted aubergine with spices Cous-cous (1,3,6,10) Israeli salad																			
Mixed salad with boiled eggs (3,4) Dairy dessert (7) Seasonal fruits										Custard & biscuits (1,7) Seasonal fruits										Cocoa marbled cake																			
kcal	Lip		Prot		HdC				kcal	934,0	Lip	14,7	Prot		16,1	HdC		184	kcal	Lip		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) Grilled chicken supreme					Herby hake fillet (4) Homemade pisto "empanada" (1,3)					Turkey Schnitzel (1,3,7) Spanish "tortilla" (3,12)					Beef hamburger (with bacon, cheese, tomato & lettuce) (1,3,6,7,12) Veggie hamburger (1,6,8,12)																			
Seitan, pepper & onion skewers (1) Vegetables chop suey Steamed Rice Diced zucchini Green salad tossed with cilantro dressing					Grilled vegetables Diced zucchini Grilled aubergine Greek salad (7) Dairy dessert (7) Seasonal fruits					Mushrooms Provençal Roasted potatoes (12) Steamed Brussels sprouts Tomato & tuna salad (4) Custard & biscuits (1,7) Seasonal fruits					Sautéed green beans Aubergine minipizzas Roasted potatoes (12) Tabouleh salad (1) Pudding rice (1,7) Seasonal fruits					Caramelized onion American coleslaw salad (3,6) Sautéed mushrooms Mixed salad (3,4) Strawberry Cheesecake (1,3,7) Seasonal fruits																			
kcal	1010,0	Lip	38,3	Prot	28,9	HdC	137	kcal	927,0	Lip	37,4	Prot	56,1	HdC	92	kcal	805,0	Lip	18,4	Prot	18,4	HdC	141	kcal	876,0	Lip	22,7	Prot	28,5	HdC	139	kcal	1153,0	Lip	62,1	Prot	45,3	HdC	103
19					20					21					22					NO SCHOOL LUNCH																			
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)																													
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)					Pork loin skewers and bell peppers 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)					Turkey goujons with apple & carrots sauce Seitan goujons with apple & carrots sauce (1) Risolada potatoes & butter (7) Green beans with AOVE Diced zucchini House salad																													
Dairy dessert (7) Seasonal fruits					Dairy dessert (7) Seasonal fruits					Homemade carrot and cinnamon cake Seasonal fruits																													
kcal	1010,0	Lip	38,3	Prot	28,9	HdC	137	kcal	846,0	Lip	38,2	Prot	66,2	HdC	59	kcal	981,4	Lip	41,4						Prot	44,2	HdC	108	kcal	846,0	Lip	38,2	Prot	66,2	HdC	59			

VEGETABLES

PASTA, RICE, EGGS

FISH

MEAT

DESSERT

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

Hastings School - Secondary menu - December 2022

Vegetarian menu

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs



Use of organically produced legumes.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5		6		7		8		9 - ISRAELI FRIDAY	
Rice & tomato		NOT A SCHOOL DAY		Creamy pumpkin soup with croutons (1,12)		NOT A SCHOOL DAY		Vegetable Hamon (Shabbat stew)	
Homemade spinach croquettes (with vegetable drink)				Scrambled tofu & mushrooms (with chickpeas flour)				Seitan Shawarma in "pita" bread (1,6)	
Roasted potatoes (12) Sautéed Cauliflower Ratatouille Mixed salad (no animal protein)				Roasted potato (12) Diced zucchini Roasted peppers				Homemade hummus Roasted aubergine Cous-cous (1,3,6,10)	
Soya dessert (1,6) Seasonal fruits				"Mediterranean" salad (3,4) Soya dessert with biscuit (1,6) Seasonal fruits				Israeli salad Cocoa marbled cake	
12				13				14	
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 Rice Diced zucchini		Grilled vegetables Diced zucchini Grilled aubergine		Sautéed mushrooms Roasted potatoes (12) Steamed Brussels sprouts		Sautéed green beans Aubergine minipizzas Roasted potatoes (12)		Caramelized onions American coleslaw salad (3,6) Sautéed mushrooms	
Oriental salad with cilantro (6) Soya dessert (1,6) Seasonal fruits		Greek salad (no cheese) Soya dessert (1,6) Seasonal fruits		Tomato salad (no tuna) Soya dessert with biscuit (1,6) Seasonal fruits		Tabouleh salad (1) Pudding rice (1,with vegetable drink) Seasonal fruits		Mixed salad (no animal protein) Soya dessert (1,6) 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)		NO LUNCH			
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)					
Parsley rice Roasted tomato with olive oil and oregano Herby mushrooms		Roasted potatoes (12) Grilled seasonal vegetables Sautéed cauliflower		Risolada potatoes & AOVE Green beans in AOVE Diced zucchini					
Green salad with apple (1,6) Soya dessert (1,6) Seasonal fruits		Mediterranean salad (no animal protein) Soya dessert (1,6) Seasonal fruits		Spinach salad Soya dessert with biscuit (1,6) Seasonal fruits					

VEGETABLES

PASTA, RICE, EGGS

FISH

MEAT

DESSERT



NO LUNCH

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

Hastings School - Secondary menu - December 2022

Gluten free

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Use of organically produced legumes.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5		6		7		8		9 - ISRAELI FRIDAY	
Rice & tomato		NOT A SCHOOL DAY		Creamy pumpkin soup with croutons (gluten free bread) & diced cheese		NOT A SCHOOL DAY		Vegetable Hamin (Shabbat stew)	
Grilled hake in garlic (4)				Grilled turkey fillet				Chicken Shawarma in bread (gluten free)	
Roasted potatoes (12) Sautéed Cauliflower Ratatouille Mixed salad with boiled eggs (3,4)				Roasted potato (12) Diced zucchini Roasted peppers				Homemade hummus Roasted aubergine Cous-cous (1,3,6,10) Israeli salad	
Dairy dessert (7) Seasonal fruits				"Mediterranean" salad (3,4) Custard & biscuits (1,7) Seasonal fruits				Cocoa marbled cake	
12				13				14	
Grilled vegetables		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		Grilled chicken supreme		Herby hake fillet (4)		Spanish "tortilla" (3,12)		Beef hamburger (with bacon, cheese, tomato & lettuce) (6,7,12) (gluten free bread)	
Vegetables chop suey Rice Diced zucchini Oriental salad with cilantro (6) Dairy dessert (7) Seasonal fruits		Grilled vegetables Diced zucchini Grilled aubergine Greek salad (7) Dairy dessert (7) Seasonal fruits		Sautéed mushrooms Roasted potatoes (12) Steamed Brussels sprouts Tomato & tuna salad (4) Custard & biscuits (1,7) Seasonal fruits		Sautéed green beans Aubergine minipizzas Roasted potatoes (12) Tabouleh salad (1) Pudding rice (1,7) Seasonal fruits		Caramelized onion American coleslaw salad (3,6) Sautéed mushrooms Mixed salad (3,4) Strawberry Cheesecake (1,3,7) Seasonal fruits	
19		20		21		22			
Homemade chicken soup & noodles (gluten free)		Gluten free pasta to pomodoro with cheese (3,7)		Creamy pumpkin and sweet potatoes soup (12)		NO LUNCH			
Veal meatballs in homemade tomato sauce (6,12)		Pork loin skewers and bell peppers		Baked turkey goujons with apple & carrots sauce					
Parsley rice Roasted tomato with olive oil and oregano Herby mushrooms Green salad with apple (1,3,4,6,7) Dairy dessert (7) Seasonal fruits		Roasted potatoes (12) Grilled seasonal vegetables Sautéed cauliflower Mediterranean salad (3,4) Dairy dessert (7) Seasonal fruits		Risolada potatoes & butter (7) Green beans with AOVE Diced zucchini Salad with fried bacon Homemade carrot and cinnamon cake (gluten free) Seasonal fruits					

VEGETABLES

PASTA, RICE, EGGS

FISH

MEAT

DESSERT



NO LUNCH

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

Hastings School - Secondary - December 2022

Halal menu

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs



Use of organically produced legumes.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5		6		7		8		9 - ISRAELI FRIDAY	
Rice & tomato		NOT A SCHOOL DAY		Creamy pumpkin soup with croutons & diced cheese (1,3,7,12)		NOT A SCHOOL DAY		Vegetable Hamin (Shabbat stew)	
Grilled hake in garlic (4)				Grilled salmon (4)				Chicken (*) Shawarma in "pita" bread (1)	
Roasted potatoes (12) Sautéed Cauliflower Ratatouille Mixed salad with boiled eggs (3,4)				Roasted potato (12) Diced zucchini Roasted peppers "Mediterranean" salad (3,4)				Homemade hummus Roasted aubergine Cous-cous (1,3,6,10) Israeli salad	
Dairy dessert (7) Seasonal fruits				Custard & biscuits (1,7) Seasonal fruits				Cocoa marbled cake	
12				13				14	
Veggie spring rolls (1,6)		Veggie paella		Chicken Caesar salad with croutons (1,3,4,6,10)		Organic lentils & vegetables		16 - U.S.A. FRIDAY	
Chicken (*) skewers to oriental style		Grilled chicken supreme		Homemade pisto "empanada" (1,3)		Spanish "tortilla" (3,12)		Mac & cheese (1,3,7)	
Vegetables chop suey Rice Diced zucchini		Grilled vegetables Diced zucchini Grilled aubergine		Sautéed mushrooms Roasted potatoes (12) Steamed Brussels sprouts		Sautéed green beans Aubergine minipizzas Roasted potatoes (12)		Caramelized onion American coleslaw salad (3,6) 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) fruits Seasonal		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)		NO LUNCH			
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 tomato with olive oil and oregano Herby mushrooms		Roasted potatoes (12) Grilled seasonal vegetables Sautéed cauliflower		Risolada potatoes & butter (7) Green beans with AOVE Diced zucchini					
Green salad with apple (1,3,4,6,7)		Mediterranean salad (3,4)		Spinach salad					
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Homemade carrot and cinnamon cake Seasonal fruits					

VEGETABLES

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FISH

MEAT

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