

MENÚ SECUNDARIA LST - OCTUBRE 2023

MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY																																		
2							3							4							5							6 - FRANCE FRIDAY																																		
Special fried rice (2,3,6)							Sautèed green beans							Spaguettis & garlic (1,3,6,10)							Homade rice soup							Cassoulet (organic beans soup)																																		
"Flamenquines" (1,3,6,7) Grilled hake & dill (4)							Spanish potato omelette (3) Grilled chicken fillet							Codfish "andaluza" (4) Meaty "empanada" (1,3)							Diced pork pomodoro Homemade calamari wok (14)							Chicken "Marengo" (no fried egg) (1) Veggie stuffed aubergines																																		
Steamed potatoes & parsley (12) Sautèed aubergines Grilled seasonal vegetables							Couscous (1,3,6,10) Roasted tomato							Broccoli Diced zucchini							Mashed potato (3,7,12) Sautèed peas White asparagus							Rosemary potatoes (12) Ratatouille "La Parisienne" salad (3,4,7,10)																																		
Mediterranean salad (lettuce, fresh tomato, sweet corn, carrot) Dairy dessert (7) Seasonal fruit							Mixed salad (3,4) Dairy dessert (7) Seasonal fruit							Greek salad (with cucumber and yogourt) (7) Homemade custard & biscuit (1,7) Fruta fresca de temporada							Mixed salad (with hard boiled egg) (3) Dairy dessert (7) Seasonal fruit							Homemade dessert (7) Seasonal fruit																																		
kcal	895,7	Lip	27,2	Prot	21,0	HdC	143	kcal	838,7	Lip	36,5	Prot	29,1	HdC	99	kcal	830,7	Lip	43,4	Prot	53,2	HdC	66	kcal	908,7	Lip	43,0	Prot	50,7	HdC	80	kcal	728,0	Lip	45,7	Prot	55,2	HdC	19																							
9							10							11							12							13 - GERMAN FRIDAY																																		
Pasta salad (1,3,4,6,7,10)							Creamy of pumpkin soup (12)							Organic lentils soup (with vegetables and "chorizo") Breaded hake fillet and lemon (1,4) Curry chicken Saffron rice Grilled seasonal vegetables							OFFICIAL HOLIDAYS							Kartoffelsuppe (potato soup) (7,9,12)																																		
Roasted chicken Assorted croquettes (1,3,4,6,7)							Grilled pork loin Tuna omelette (3,4)																					Chicken schnitzel (1,3,7) Seitan "shnitzel" (1,6)																																		
Roasted potato (12) Diced zucchini Hummus							Diced potato (12) Cauliflower																					Au gratin potato with cream and pepper (7,12) GERMAN salad (sweet and sour cauliflower salad) (6,12) Grilled aubergines																																		
Spinach salad Dairy dessert (7) Seasonal fruit							Apple salad with vinaigrette (12) Dairy dessert (7) Seasonal fruit							"Murcia" salad (tomato, olives, onio and tuna)(4) Homemade custard & biscuit (1,7) Fruta fresca de temporada														Mixed salad (lettuce, tomato, carrot and olives slices) Homemade dessert (7) Seasonal fruit																																		
kcal	1004,7	Lip	65,5	Prot	42,9	HdC	60	kcal	828,7	Lip	50,3	Prot	36,6	HdC	58	kcal	854,7	Lip	33,6	Prot								27,9	HdC	125	kcal		Lip		Prot		HdC		kcal	819,0	Lip	45,9	Prot	44,3	HdC	59																
16							17							18							19							20- MEXICO FRIDAY																																		
Fusilli Carbonara (1,3,6,7,10) Diced pork and vegetables Marinted fish (1,4,12)							Creamy of vegetables soup (12) Codfish "a Brás" (3,4,12) Spanish potato omelette (3)							Chickpeas soup Roasted chicken Codfish croquettes (1,3,4,6,7)							Special fried rice (peas, sweet corn and carrots) Grilled hake fillet & tarragon (4) Veal meatballs in sauce (1,6,12)							Tortilla soup (1,3,6,10) Texmex chicken fajitas (1,6) Veggie fatjitas (1,6)																																		
Stir Fry vegetables Roasted potato (12)							Steamed rice Sautèed mushrooms							Mint potatoes (12) Cauliflower & garlic							Vegetable stew Herby potatoes (12)							Pico de gallo Guacamole																																		
Mixed salada (lettuce, lombardy, sweet corn and carrot) Dairy dessert (7) Seasonal fruit							"Pipirrana" salad (tomato, onion, pepper, olive oil extra) Dairy dessert (7) Seasonal fruit							Tomato and orange salad Homemade rice pudding (7) Fruta Fresca de Temporada							Warm salad with bacon chips Dairy dessert (7) Seasonal fruit							Mixed salad Homemade dessert (7) Seasonal fruit																																		
kcal	966,7	Lip	66,1	Prot	32,1	HdC	97	kcal	973,7	Lip	50,0	Prot	35,7	HdC	111	kcal	956,7	Lip	41,6	Prot	35,7	HdC	110	kcal	779,7	Lip	33,7	Prot	36,8	HdC	83	kcal	744,0	Lip	33,9	Prot	30,1	HdC	76																							
23							24							25							26							27 - INDIA FRIDAY																																		
Meaty tortellinis (1,3,6,7,10) Battered calamari & lemon (1,3,14) Chicken wings							Organic lentils soup Grilled hamburger (1,6,7,12) Grilled hake fillet with tartar sauce (3,4,6)							Potato and chicken casserole (12) Salmon cooked in orange sauce (4) "Villarroy" eggs (1,2,3,4,6,7,10,12,14)							Rice "Senyoret" (2,4,14) Grilled pork loin Fish goujons with mayonnaise (1,3,4,6)							"Ratia" salad (tomato, onion, cucumber and yogourt sauce, onion) (7) Curry chicken Curry tofu (6) Steamed rice Green salad White asparagus with mayonnaise																																		
Grilled seasonal vegetables Potatoes and paprika (12) Aubergine,cheese and oregano mini pizza (7)							French fries (12) Grilled seasonal vegetables							Sautèed broccoli Sautèed mushrooms							Diced potato (12) Roasted tomato																																									
Salad with tuna (4) Dairy dessert (7) Seasonal fruit							Tabouleh (1,3,6,10) Dairy dessert (7) Seasonal fruit							Green salad Homemade custard & biscuit (1,7) Fruta fresca de temporada							Coleslaw salad (3,6,10) Dairy dessert (7) Seasonal fruit																																									
kcal	949,7	Lip	56,2	Prot	28,3	HdC	83	kcal	891,7	Lip	41,6	Prot	49,3	HdC	79	kcal	884,7	Lip	36,7	Prot	52,2	HdC	86	kcal	808,7	Lip	45,5	Prot	40,1	HdC	68	kcal	746,1	Lip	47,1	Prot	34,2	HdC	55																							
30							30							HASTINGS SCHOOL <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td></tr></table> VEGETABLES PASTA, RICE, EGGS FISH MEAT DESSERT														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							
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																																																	
SCHOOL HOLIDAYS							SCHOOL HOLIDAYS																																																							

MENÚ SECUNDARIA LST - Whitout pork menu - OCTUBRE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6 - FRANCE FRIDAY
Special fried rice (peas, carrot, sweet corn)	Sautéed green beans	Spaguetitis & garlic (1,3,6,10)	Homade rice soup	Cassoulet (organic beans soup)
Grilled hake & dill (4)	Spanish potato omelette (3)	Codfish "andaluza" (4)	Homemade calamari wok (14)	Veggie stuffed aubergines
Steamed potatoes & parsley (12) Sautéed aubergines Grilled seasonal vegetables	Couscous (1,3,6,10) Roasted tomato	Broccoli Diced zucchini	Mashed potato (3,7,12) Sautéed peas White asparagus	Rosemary potatoes (12) Ratatouille "La Parisienne" salad (3,4,7,10)
Mediterranean salad (lettuce, fresh tomato, sweet corn, carrot) Dairy dessert (7) Seasonal fruit	Mixed salad (3,4) Dairy dessert (7) Seasonal fruit	Greek salad (with cucumber and yogourt) (7) Homemade custard & biscuit (1,7) Fruta fresca de temporada	Mixed salad (with hard boiled egg) (3) Dairy dessert (7) Seasonal fruit	Homemade dessert (7) Seasonal fruit
9	10	11	12	13 - GERMANY FRIDAY
Pasta salad (1,3,4,6,7,10)	Creamy of pumpkin soup (12)	Organic lentils soup (with vegetables and "chorizo")	OFFICIAL HOLIDAYS	Kartoffelsuppe (potato soup) (7,9,12)
Roasted chicken	Tuna omelette (3,4)	Breaded hake fillet and lemon (1,4)		Seitan "shnitzel" (1,6)
Roasted potato (12) Diced zucchini Hummus	Diced potato (12) Cauliflower	Saffron rice Grilled seasonal vegetables		Au gratin potato with cream and pepper (7,12) GERMAN salad (sweet and sour- cauliflower- salad) (6,12) Grilled aubergines
Spinach salad Dairy dessert (7) Seasonal fruit	Apple salad with vinaigrette (12) Dairy dessert (7) Seasonal fruit	"Murcia" salad (tomato, olives, onion and tuna)(4) Homemade custard & biscuit (1,7) Fruta fresca de temporada		Mixed salad (lettuce, tomato, carrot and olives slices) Homemade dessert (7) Seasonal fruit
16	17	18	19	20- MEXICO FRIDAY
Pasta with homemade tomato sauce (1,6,10)	Creamy of vegetables soup (12)	Chickpeas soup	Special fried rice (peas, sweet corn and carrots)	Tortilla soup (1,3,6,10)
Marinated fish (1,4,12)	Spanish potato omelette (3)	Roasted chicken	Grilled hake fillet & tarragon (4)	Texmex chicken fajitas (1,6)
Stir Fry vegetables Roasted potato (12)	Steamed rice Sautéed mushrooms	Mint potatoes (12) Cauliflower & garlic	Vegetable stew Herby potatoes (12)	Pico de gallo Guacamole
Mixed salad (lettuce, lombardy, sweet corn and carrot) Dairy dessert (7) Seasonal fruit	"Pipirrana" salad (tomato, onion, pepper, olive oil extra) Dairy dessert (7) Seasonal fruit	Tomato and orange salad Homemade rice pudding (7) Fruta Fresca de Temporada	Vegetable salad Dairy dessert (7) Seasonal fruit	Mixed salad Homemade dessert (7) Seasonal fruit
23	24	25	26	27 - INDIA FRIDAY
Pasta with veggie bolognese (peas or soya protein) (1,6,10)	Organic lentils soup	Potato and chicken casserole (12)	Rice "Senyoret" (2,4,14)	"Ratia" salad (tomato, onion, cucumber and yogourt sauce, onion) (7)
Chicken wings	Grilled hake fillet with tartar sauce (3,4,6)	"Villarroy" eggs (1,2,3,4,6,7,10,12,14)	Fish goujons with mayonnaise (1,3,4,6)	Curry chicken
Grilled seasonal vegetables Potatoes and paprika (12) Aubergine, cheese and oregano mini pizza (7)	French fries (12) Grilled seasonal vegetables	Sautéed broccoli Sautéed mushrooms	Diced potato (12) Roasted tomato	Steamed rice Green salad White asparagus with mayonnaise
Salad with tuna (4) Dairy dessert (7) Seasonal fruit	Tabouleh (1,3,6,10) Dairy dessert (7) Seasonal fruit	Green salad Homemade custard & biscuit (1,7) Fruta fresca de temporada	Coleslaw salad (3,6,10) Dairy dessert (7) Seasonal fruit	Fruit salad Pastre casero (1,3,7) Fruta fresca de temporada
30	30			
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS			
				

MENÚ SECUNDARIA LST - gluten free menu - OCTUBRE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - FRANCE FRIDAY																												
Special fried rice (2,3,6)	Saut�ed green beans	Gluten free pasta & garlic	Homade rice soup	Cassoulet (organic beans soup)																												
Grilled hake & dill (4)	Grilled chicken fillet	Codfish "andaluza" (4; cornflour)	Diced pork pomodoro	Chicken "Marengo" (no fried egg) (corn flour)																												
Steamed potatoes & parsley (12) Saut�ed aubergines Grilled seasonal vegetables	Couscous (gluten free) Roasted tomato	Broccoli Diced zucchini	Mashed potato (3,7,12) Saut�ed peas White asparagus	Rosemary potatoes (12) Ratatouille "La Parisienne" salad (3,4,7,10)																												
Mediterranean salad (lettuce, fresh tomato, sweet corn, carrot) Dairy dessert (7) Seasonal fruit	Mixed salad (3,4) Dairy dessert (7) Seasonal fruit	Greek salad (with cucumber and yogourt) (7) Homemade custard & gluten free biscuit (7) Fruta fresca de temporada	Mixed salad (with hard boiled egg) (3) Dairy dessert (7) Seasonal fruit	Homemade dessert (7) Seasonal fruit																												
9	10	11	12	13 - GERMAN FRIDAY																												
Pasta salad (gluten free pasta)	Creamy of pumpkin soup (12)	Organic lentils soup (with vegetables and "chorizo")	OFFICIAL HOLIDAYS	Kartoffelsuppe (potato soup) (7,9,12)																												
Roasted chicken	Tuna omelette (3,4)	Breaded hake fillet and lemon (no gluten; cornflour ,4)		Breaded chicken (cornflour)																												
Roasted potato (12) Diced zucchini Hummus	Diced potato (12) Cauliflower	Saffron rice Grilled seasonal vegetables		Au gratin potato with cream and pepper (7,12) GERMAN salad (sweet and sour caulifower salad) (6,12) Grilled aubergines																												
Spinach salad Dairy dessert (7) Seasonal fruit	Apple salad with vinaigrette (12) Dairy dessert (7) Seasonal fruit	"Murcia" salad (tomato, olives, onio and tuna)(4) Homemade custard & gluten free biscuit (7) Fruta fresca de temporada		Mixed salad (lettuce, tomato, carrot and olives slices) Homemade dessert (7) Seasonal fruit																												
16	17	18	19	20- MEXICO FRIDAY																												
Fusilli Carbonara (gluten free pasta; 3,7)	Creamy of vegetables soup (12)	Chickpeas soup	Special fried rice (peas, sweet corn and carrots)	Tortilla soup (1,3,6,10)																												
Diced pork and vegetables	Spanish potato omelette (3)	Roasted chicken	Grilled hake fillet & tarragon (4)	Texmex chicken fajitas (gluten free)																												
Stir Fry vegtables Roasted potato (12)	Steamed rice Saut�ed mushrooms	Mint potatoes (12) Cauliflower & garlic	Vegetable stew Herby potatoes (12)	Pico de gallo Guacamole																												
Mixed salad (lettuce, lombardy, sweet corn and carrot) Dairy dessert (7) Seasonal fruit	"Pipirrana" salad (tomato, onion, pepper, olive oil extra) Dairy dessert (7) Seasonal fruit	Tomato and orange salad Homemade custard & gluten free biscuit (7) Fruta fresca de temporada	Warm salad with bacon chips Dairy dessert (7) Seasonal fruit	Mixed salad Homemade dessert (7) Seasonal fruit																												
23	24	25	26	27 - INDIA FRIDAY																												
Gluten free pasta with homemade tomato sauce	Organic lentils soup	Potato and chicken casserole (12)	Rice "Senyoret" (2,4,14)	"Ratia" salad (tomato, onion, cucumber and yogourt sauce, onion) (7)																												
Chicken wings	Grilled hake fillet with tartar sauce (3,4,6)	Salmon cooked in orange sauce (4)	Grilled pork loin	Curry chicken																												
Grilled seasonal vegetables Potatoes and paprika (12) Aubergine,cheese and oregano mini pizza (7)	French fries (12) Grilled seasonal vegetables	Saut�ed broccoli Saut�ed mushrooms	Diced potato (12) Roasted tomato	Steamed rice Green salad White asparagus with mayonnaise																												
Salad with tuna (4) Dairy dessert (7) Seasonal fruit	Tabouleh (gluten free pasta) Dairy dessert (7) Seasonal fruit	Green salad Homemade custard & gluten free biscuit (7) Fruta fresca de temporada	Coleslaw salad (3,6,10) Dairy dessert (7) Seasonal fruit	Fruit salad Postre casero (1,3,7) Fruta fresca de temporada																												
30	30																															
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	HASTINGS SCHOOL <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td></tr></table> VEGETABLES PASTA, RICE, EGGS FISH MEAT DESSERT			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
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																			

MENÚ SECUNDARIA LST - Low calories - OCTUBRE 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																							
2		3		4		5		6 - FRANCE FRIDAY																																							
Grilled seasonal vegetables		Sautèed green beans		Broccoli		Homade rice soup		Cassoulet (organic beans soup)																																							
Grilled hake & dill (4)		Grilled chicken fillet		Grilled codfish (4)		Homemade calamari wok (14)		Grilled chicken fillet																																							
Steamed potatoes & parsley (12) Sautéed aubergines		Couscous (1,3,6,10) Roasted tomato		Diced zucchini Pasta & garlic (1,3,6,10)		Sautéed peas White asparagus		Rosemary potatoes (12) Ratatouille "La Parisienne" salad (3,4,7,10)																																							
Mediterranean salad (lettuce, fresh tomato, sweet corn, carrot) Dairy dessert (7) Seasonal fruit		Mixed salad (3,4) Dairy dessert (7) Seasonal fruit		Greek salad (with cucumber and yogourt) (7) Homemade custard & biscuit (1,7) Fruta fresca de temporada		Mixed salad (with hard boiled egg) (3) Dairy dessert (7) Seasonal fruit		Homemade dessert (7) Seasonal fruit																																							
9		10		11		12		13 - GERMAN FRIDAY																																							
Pasta salad (1,3,4,6,7,10)		Creamy of pumpkin soup (12)		Organic lentils soup (with vegetables and "chorizo") Grilled hake fillet and lemon (4) Saffron rice Grilled seasonal vegetables		OFFICIAL HOLIDAYS		Kartoffelsuppe (potato soup) (7,9,12)																																							
Roasted chicken		Tuna omelette (3,4)						Grilled chicken fillet																																							
Roasted potato (12) Diced zucchini Hummus		Diced potato (12) Cauliflower						Boiled potatoes Grilled aubergines																																							
Spinach salad Dairy dessert (7) Seasonal fruit		Apple salad with vinaigrette (12) Dairy dessert (7) Seasonal fruit		Mixed salad (lettuce, tomato, carrot and olives slices) Homemade dessert (7) Seasonal fruit																																											
16		17		18		19		20- MEXICO FRIDAY																																							
Stir fry vegetables		Creamy of vegetables soup (12)		Chickpeas soup		Vegetable stew		Tortilla soup (1,3,6,10)																																							
Grilled fish (4)		Plain omelette (3)		Roasted chicken fillet		Grilled hake fillet & tarragon (4)		Grilled chicken fillet																																							
Pasta salad (1,3,4,6,7,10) Roasted potato (12)		Steamed rice Sautèed mushrooms		Mint potatoes (12) Cauliflower & garlic		Rice salad 8carrot, peas, green beans) Herby potatoes (12)		Pico de gallo Guacamole																																							
Mixed salad (lettuce, lombardy, sweet corn and carrot) Dairy dessert (7) Seasonal fruit		"Pipirrana" salad (tomato, onion, pepper, olive oil extra) Dairy dessert (7) Seasonal fruit		Tomato and orange salad Homemade rice pudding (7) Fruta Fresca de Temporada		Vegetable salad Dairy dessert (7) Seasonal fruit		Mixed salad Homemade dessert (7) Seasonal fruit																																							
23		24		25		26		27 - INDIA FRIDAY																																							
Meaty tortellinis (1,3,6,7,10)		Organic lentils soup		Sautèed broccoli		Rice "Senyoret" (2,4,14)		"Ratia" salad (tomato, onion, cucumber and yogourt sauce, onion) (7)																																							
Grilled calamari & lemon (14)		Grilled hamburger (1,6,7,12)		Salmon cooked in orange sauce (4)		Grilled pork loin		Curry chicken																																							
Grilled seasonal vegetables Potatoes and paprika (12) Aubergine,cheese and oregano mini pizza (7)		French fries (12) Grilled seasonal vegetables		Boiled potatoes (12) Sautéed mushrooms		Diced potato (12) Roasted tomato		Steamed rice Green salad White asparagus with mayonnaise																																							
Salad with tuna (4) Dairy dessert (7) Seasonal fruit		Tabouleh (1,3,6,10) Dairy dessert (7) Seasonal fruit		Green salad Homemade custard & biscuit (1,7) Fruta fresca de temporada		Coleslaw salad (3,6,10) Dairy dessert (7) Seasonal fruit		Fruit salad Postre casero (1,3,7) Fruta fresca de temporada																																							
30		30																																													
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		HASTINGS SCHOOL <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td></tr></table>																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
																				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														
VEGETABLES																																															
PASTA, RICE, EGGS																																															
FISH																																															
MEAT																																															
DESSERT																																															

MENÚ SECUNDARIA LST - Vegan menu - OCTUBRE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - FRANCE FRIDAY																												
Special fried rice (peas, carrot, sweet corn)	Sautèed green beans	Spaguettis & garlic (1,6,10)	Homemade minestrone soup	Cassoulet (organic beans soup)																												
Seitan goujons (1)	"Veggie" Spanish potato omelette (chcikpeas flour)	Homemade pisto "empanada" (1)	Wok tofu & vegetables (6)	Veggie stuffed aubergines																												
Steamed potatoes & parsley (12) Sautèed aubergines Grilled seasonal vegetables	Couscous (1,6,10) Roasted tomato	Broccoli Diced zucchini	Mashed potato (3,7,12) Sautèed peas White asparagus	Rosemary potatoes (12) Ratatouille "La Parisienne" salad (3,4,7,10)																												
Mediterranean salad (lettuce, fresh tomato, sweet corn, carrot) Soya dessert (6) Seasonal fruit	Mixed salad (3,4) Soya dessert (6) Seasonal fruit	Greek salad (with cucumber and yogourt) (7) Soya dessert (6) Seasonal fruit	Mixed salad (no animal protein) Soya dessert (6) Seasonal fruit	Homemade veggie dessert (1,6) Seasonal fruit																												
9	10	11	12	13 - GERMANY FRIDAY																												
Pasta salad (1,6,10) (green beans, peas, carrot)	Creamy of pumpkin soup (12)	Organic lentils soup (with vegetables and "chorizo") Diced curry tofu (6)	OFFICIAL HOLIDAYS	Kartoffelsuppe (potato soup) (7,9,12)																												
Homemade spinach croquettes (1)(no milk)	"Veggie" potato omelette (chcikpeas flour)			Seitan shcnitzel (1,6)																												
Roasted potato (12) Diced zucchini Hummus	Diced potato (12) Cauliflower	Au gratin potato with pepper (12) GERMAN salad (sweet and sour caulifower salad) (6,12) Grilled aubergines																														
Spinach salad Soya dessert (6) Seasonal fruit	Apple salad with vinaigrette (12) Soya dessert (6) Seasonal fruit	Mixed salad (lettuce, tomato, carrot and olives slices) Homemade veggie dessert (1,6) Seasonal fruit																														
16	17	18		19	20- MEXICO FRIDAY																											
Fusilli with homemade sauce (1,6,10)	Creamy of vegetables soup (12)	Chickpeas soup	Special fried rice (peas, sweet corn and carrots)	Homemade vegetable soup (1,6,10)																												
Marinted tofu (6)	"Veggie" Spanish potato omelette (chcikpeas flour)	Homemade spinach croquettes (1)(no milk)	Homemade veggie hamburger (peas or soya protein) (1,6)	Veggie fatjitas (1,6)																												
Stir Fry vegetables Roasted potato (12)	Steamed rice Sautèed mushrooms	Mint potatoes (12) Cauliflower & garlic	Vegetable stew Herby potatoes (12)	Pico de gallo Guacamole																												
Mixed salada (lettuce, lombardy, sweet corn and carrot) Soya dessert (6) Seasonal fruit	"Pipirrana" salad (tomato, onion, pepper, olive oil extra) Soya dessert (6) Seasonal fruit	Tomato and orange salad Soya dessert (6) Seasonal fruit	Vegetable salad Soya dessert (6) Seasonal fruit	Mixed salad (no animal protein) Homemade veggie dessert (1,6) Seasonal fruit																												
23	24	25	26	27 - INDIA FRIDAY																												
Pasta with veggie bolognese (peas or soya protein) (1,6,10)	Organic lentils soup	Sautèed broccoli	Rice & vegetables	"Ratia" salad (tomato, onion, cucumber and yogourt sauce (soya) onion) (6)																												
Veggie nuggets (1,6)	Grilled veggie hamburger (1,6,12)	"Veggie" potato omelette (chcikpeas flour)	Seitán goujons (1,6)	Curry tofu (6)																												
Grilled seasonal vegetables Potatoes and paprika (12) Aubergine,cheese and oregano mini pizza (7)	French fries (12) Grilled seasonal vegetables	White asparagus Sautèed mushrooms	Diced potato (12) Roasted tomato	Steamed rice Green salad White asparagus with mayonnaise																												
Salad (no animal protein) Soya dessert (6) Seasonal fruit	Tabouleh (1,6,10) Soya dessert (6) Seasonal fruit	Green salad Soya dessert (6) Seasonal fruit	Cauliflower salad Soya dessert (6) Seasonal fruit	Fruit salad																												
30	30																															
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	HASTINGS SCHOOL <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td></tr></table> VEGETABLES PASTA, RICE, EGGS FISH MEAT DESSERT			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
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																			