

Secondary menu - May 2025



Secondary - Gluten free menu - May 2025

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

Energy expressed in kcal and macronutrients in grams (ratings of main dishes on the menu). Use of organically produced legumes.
Water as a beverage on the menu.

HASTINGS
SCHOOL

Secondary - Gluten free menu - May 2025

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

THURSDAY

1

OFFICIAL HOLIDAYS

kcal

Lip

Prot

HdC

8

Sautéed vegetables

Diced pork meat & tomato

Steamed rice

White asparagus with mayonnaise (3,6)

Mediterranean salad (3,4)

Dairy (7)

15

OFFICIAL HOLIDAYS

FRIDAY

2

OFFICIAL HOLIDAYS

kcal

Lip

Prot

HdC

9 - TURKISH FRIDAY

"Turkey" style salad (tomato slice, onion, olives, lemon juice, AOVE and touch of pepper)

Chicken Kebab (gluten free bread, yoghurt sauce) (7)

Deluxe potato

Peppers and onion

Cheff salad

Greek yogurht and honey (7)

16

SCHOOL HOLIDAY

22

Organic beans soup & vegetables

Marinated fish (corn flour; 4)

Roasted potatoes (12)

Herby zucchini

Cheff salad

Dairy (7)

29

Creamy of pumpkin and carrot soup (12)

"Raxo gallego" (diced pork meat, tomato, peppers and potatoes) (12)

Diced potatoes (12)

Grilled vegetables

Salad with bacon strips

Dairy (7)

23 - MEXICAN FRIDAY

Mexican style rice

Chicken and roasted vegetables "fajitas" (1)

Onion rings (gluten free)

"Guacamole"

"Pico de Gallo" salad

Homemade dessert (1,3,6,7,10)

30 - ITALIAN FRIDAY

Siciliana spaguetti (gluten free pasta)

Chicken scallop & cheese (corn flour; 7)

Roasted potatoes (12)

Herby vegetables

Green salad

Homemade dessert (1,3,6,7,10)

MONDAY

5

Rice with homemade tomato sauce

Allergen free Veal meatballs in sauce

Roasted potatoes (12)

Sautéed zucchini

Four seasons salad

Seasonal fruit

12

Pasta salad (1,3,4,6,10)

Marinated pork loin

Broccoli & garlic

Roasted diced potatoes (12)

Green salad & tuna (4)

Seasonal fruit

19

Amatriciana macaronni (gluten free) (7)

Marinated pork skewers

Roasted potato (12)

Sautéed mushrooms

Salad & hard boiled egg (3)

Seasonal fruit

26

Potato and vegetables salad & mayo (3,4,6)

Marinated pork loin

White asparagus

Sautéed mushrooms

House salad

Seasonal fruit

TUESDAY

6

Organic lentils soup & vegetables

Spanish potato omelette (3)

Garlic bread (gluten free bread; 7)

Aubergine mini pizza, tomato & cheese (7)

House salad (3,4)

Seasonal fruit

13

"Senyoret" rice (with seafood) (2,4,14)

Cheesy omelette (3,7)

Deluxe potato

Hummus & raw carrots

Chef salad (1,6,10)

Seasonal fruit

20

Potato salad (3,4,6,12)

Grilled chicken fillet

Pilaf style rice (with vegetables)

Sautéed peas

House salad (3,4,12)

Seasonal fruit

27

"Gazpacho" (cold tomato soup) (gluten free,12)

Roasted chicken & lemon (10)

Cus-cus (gluten free pasta)

Grilled seasonal vegetables

Mediterranean salad (3,4)

Seasonal fruit

WEDNESDAY

7

Gluten free spaguettis & "Pirate" sauce

Breaded hake fillet (with corn flour; 4)

Roasted sweet potato

Sautéed mushrooms

Cheff salad

Seasonal fruit

14

"Raita" salad (fresh tomato, onion, cucumber, yoghurt sauce) (7)

Roasted chicken & curry

Aubergine fingers and honey (1)

Steamed rice

House salad

Seasonal fruit

21

Salmorejo Cordobés con su guarnición (1,3,6,12)

Spinach omelette (3)

Cus-cus (gluten free pasta)

"Escalivada"

White asparagus with mayonnaise (3,6)

Seasonal fruit

28

Pasta (allergen free) salad with hard-boiled egg and tuna (3,4)

Breaded hake fillet (corn flour, 4)

Cauliflower and mayonnaise (3,6)

Sweet potato

Cheff salad

Seasonal fruit

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

Water as a beverage on the menu.

[illegible]



Secondary Halal menu - May 2025

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

Energy expressed in kcal and macronutrients in grams (ratings of main dishes on the menu). Use of organically produced legumes.
Water as a beverage on the menu.

MONDAY		TUESDAY		WEDNESDAY		kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC
5		6		7		8				9 - TURKISH FRIDAY			
Rice with homemade tomato sauce		Organic lentils soup & vegetables		Spaguettis & "Pirate" sauce (1,3,6,10)		Sautéed vegetables				*Turkey* style salad (tomato slice, onion, olives, lemon juice, AOVE, touch of pepper)			
Vegetarian meatballs in sauce (6,9,12)		Spanish potato omelette (3)		Breaded hake fillet (1,3,4,6,10)		Falafel & yoghurt salad (1,6,7)				Vegetarian Kebab (pan de pita, salsa de yoghurt) (1,6,7)			
Roasted potatoes (12) Sautéed zucchini Four seasons salad		Garlic bread (1,6,7,10,11) Aubergine mini pizza, tomato & cheese (7) House salad (3,4)		Roasted sweet potato Sautéed mushrooms Cheff salad		Steamed rice White asparagus with mayonnaise (3,6) Mediterranean salad (3,4)				Deluxe potato Peppers and onion Cheff salad			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Greek yogurht and honey (7)			
12		13		14		15				16			
Pasta salad (1,3,4,6,10)		*Senyoret* rice (with seafood) (2,4,14)		*Raita* salad (fresh tomato, onion, cucumber, yoghurt sauce) (7)		OFFICIAL HOLIDAYS				SCHOOL HOLIDAY			
Spinach hamburger with caramelized onion (1,6)		Cheesy omelette (3,7)		Chicken and curry (certificated halal chicken)									
Broccoli & garlic Roasted diced potatoes (12) Green salad & tuna (4)		Deluxe potato Hummus & raw carrots Chef salad (1,6,10)		Aubergine fingers and honey (1) Steamed rice House salad									
Seasonal fruit		Seasonal fruit		Seasonal fruit									
19		20		21									
Amatriciana macaronni (1,3,6,7,10)		Potato salad (3,4,6,12)		Salmorejo Cordobés con su guarnición (1,3,6,12)		Organic beans soup & vegetables				Mexican style rice			
Zucchini omelette (3)		Chicken fillet (Halal certificated)		Tuna pastry (1,3,5,6,7,8,10,11)		Marinated fish (1,4,6,10)				Chicken and roasted vegetables *fajitas* (certificated) (1,3,6,7,10)			
Roasted potato (12) Sautéed mushrooms Salad & hard boiled egg (3)		Pilaf style rice (with vegetables) Sautéed peas House salad (3,4,12)		Cus Cus (1,6,10) "Escalivada" White asparagus with mayonnaise (3,6)		Roasted potatoes (12) Herby zucchini Cheff salad				Onion rings (1,6,10) "Guacamole" "Pico de Gallo" salad			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Homemade dessert (1,3,6,7,10)			
26		27		28		29				30 - ITALIAN FRIDAY			
Potato and vegetables salad & mayo (3,4,6)		*Gazpacho* (cold tomato soup) (1,12)		Pasta salad with hard-bolled egg and tuna (1,3,4,6,10)		Creamy of pumpkin and carrot soup (7,12)				Siciliana spaguetti (1,3,6,10)			
Spanish omelette (3)		Roasted chicken (certificated) and lemon		Breaded hake fillet (1,3,4,6,10)		Cheesy omelette (3,7)				Chicken scallop (certificated) & cheese (1,3,6,7,10)			
White asparagus Sautéed mushrooms House salad		Cus-cus (1,6,10) Grilled seasonal vegetables Mediterranean salad (3,4)		Cauliflower and mayonnaise (3,6) Sweet potato Cheff salad		Diced potatoes (12) Grilled vegetables Salad				Roasted potatoes (12) Herby vegetables Green salad			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Homemade dessert (1,3,6,7,10)			

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Secondary menu - Low calories- May 2025

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

Use of organically produced legumes.
Water as a beverage on the menu.

THURSDAY				FRIDAY			
1				2			
OFFICIAL HOLIDAYS				OFFICIAL HOLIDAYS			
kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC
8				9 - TURKISH FRIDAY			
Sautéed vegetables				"Turkey" style salad (tomato slice, onion, olives, lemon juice, AOVE and touch of pepper)			
Diced pork loin & garlic				Filete de pollo a las finas hierbas			
Steamed rice White asparagus Mediterranean salad (3,4)				Peppers and onion Cheff salad			
Dairy (7)				Dairy (7)			
15				16			
OFFICIAL HOLIDAYS				SCHOOL HOLIDAY			
22				23 - MEXICAN FRIDAY			
Herby zucchini				"Pico de Gallo" salad			
Grilled fish (4)				Lagrimitas de pollo con verduras asadas			
Roasted potatoes (12) Herby zucchini Cheff salad				Roasted onion "Guacamole"			
Dairy (7)				Dairy (7)			
29				30 - ITALIAN FRIDAY			
Cream of pumpkin and carrot soup (12)				Herby vegetables			
Diced pork loin and peppers				Grilled chicken fillet and roasted vegetables			
Diced potatoes (12) Grilled vegetables Salad (no bacon)				Roasted potatoes (12) Herby vegetables Green salad			
Dairy (7)				Dairy (7)			

MONDAY	TUESDAY	WEDNESDAY
5	6	7
Sautéed zucchini	Organic lentils soup & vegetables	Sautéed mushrooms
Grilled hake fillet & garlic (4)	French omelette (3)	Grilled hake fillet (4)
Roasted potatoes (12) Four seasons salad	Grilled aubergine slices House salad (3,4)	Roasted sweet potato Cheff salad
Seasonal fruit	Seasonal fruit	Seasonal fruit
12	13	14
Pasta salad (1,3,4,6,10)	Soupy rice and vegetables	Raita salad (tomato, onion, cucumber, yoghurt sauce) (7)
Spinach hamburger with caramelized onion (1,6)	Cheesy omelette (3,7)	Filete de pollo a la plancha con toque de curry
Broccoli & garlic Roasted diced potatoes (12) Green salad & tuna (4)	Hummus & raw carrots Chef salad (1,6,10)	Aubergine fingers and honey (1) Steamed rice House salad
Seasonal fruit	Seasonal fruit	Seasonal fruit
19	20	21
Sautéed mushrooms	Potato salad (3,4,12)	"Salmorejo" (1,3,6,12). No garnish
Pork skewers	Salmon & tarragon (4)	York and cheese omelette (3,6,7)
Roasted potato (12) Salad & hard boiled egg (3)	Pilaf style rice (with vegetables) Sautéed peas House salad (3,4,12)	Cus Cus (1,6,10) "Escalivada" White asparagus
Seasonal fruit	Seasonal fruit	Seasonal fruit
26	27	28
Potato and vegetables salad (no mayo) (3,4)	Cold tomato soup (1,12)	Pasta salad (1,3,4,6,10)
Lomo de cerdo adobado a la plancha	Roasted chicken & lemon	Grilled hake fillet (4)
White asparagus Sautéed mushrooms House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Mediterranean salad (3,4)	Cauliflower Sweet potato Cheff salad
Seasonal fruit	Seasonal fruit	Seasonal fruit

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