



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 & 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	TUESDAY	WEDNESDAY
5	6	7
Rice with homemade tomato sauce	Organic lentils soup & vegetables	Gluten free spaguettis & "Pirate" sauce
Allergen free Veal meatballs in sauce	Spanish potato omelette (3)	Breaded hake fillet (with corn flour; 4)
Roasted potatoes (12) Sautéed zucchini Four seasons salad Seasonal fruit	Garlic bread (gluten free bread; 7) Aubergine mini pizza, tomato & cheese (7) House salad (3,4) Seasonal fruit	Roasted sweet potato Sautéed mushrooms Cheff salad Seasonal fruit
12 VEGAN DAY	13	14
Vegetarian Pasta salad (1,3,6,10)	Homemade "cocido" soup (allergen free pasta)	"Raita" salad (fresh tomato, onion, cucumber, yoghurt sauce) (7)
Vegetarian "fajitas" (gluten free) (6)	Chickpeas, vegetables & meat stew	Roasted chicken & curry
Broccoli & garlic Roasted diced potatoes (12) Green salad & tuna (4) Seasonal fruit	Sautéed cabbage Asparagus with mayonnaise (3,6) Chef salad (1,6,10) Seasonal fruit	Aubergine fingers and honey (1) Steamed rice House salad Seasonal fruit
19	20	21
Amatriciana macaronni (gluten free) (7)	Potato salad (3,4,6,12)	Salmorejo Cordobés con su guarnición (1,3,6,12)
Marinated pork skewers	Grilled chicken fillet	Spinach omelette (3)
Roasted potato (12) Sautéed mushrooms Salad & hard boiled egg (3) Seasonal fruit	Pilaf style rice (with vegetables) Sautéed peas House salad (3,4,12) Seasonal fruit	Cus-cus (gluten free pasta) "Escalivada" White asparagus with mayonnaise (3,6) Seasonal fruit
26	27	28
Potato and vegetables salad & mayo (3,4,6)	"Gazpacho" (cold tomato soup) (gluten free,12)	Pasta (allergen free) salad with hard-boiled egg and tuna (3,4)
Marinated pork loin	Roasted chicken & lemon (10)	Breaded hake fillet (corn flour, 4)
White asparagus Sautéed mushrooms House salad Seasonal fruit	Cus-cus (gluten free pasta) Grilled seasonal vegetables Mediterranean salad (3,4) Seasonal fruit	Cauliflower and mayonnaise (3,6) Sweet potato Cheff salad Seasonal fruit

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

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 spaghetti (gluten free pasta)

Chicken scallop & cheese (corn flour; 7)

Roasted potatoes (12)
Herby vegetables
Green salad

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



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 VEGAN DAY		13		14		15				16			
Vegetarian Pasta salad (1,3,6,10)		Homemade vegetables soup (1,3,6,10)		*Raita* salad (fresh tomato, onion, cucumber, yoghurt sauce) (7)		OFFICIAL HOLIDAYS				SCHOOL HOLIDAY			
Spinach hamburger with caramelized onion (1,6,8,10)		Veggie *cocido* (no meat)		Chicken and curry (certificated halal chicken)									
Broccoli & garlic Roasted diced potatoes (12) Green salad & tuna (4)		Sautéed cabagge Asparagus with mayonnaise (3,6) Chef salad (1,6,10)		Aubergine fingers and honey (1) Steamed rice House salad									
Seasonal fruit		Seasonal fruit		Seasonal fruit									
19		20		21		22				23 - MEXICAN FRIDAY			
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)			



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.

MONDAY		TUESDAY		WEDNESDAY		kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC
5		6		7		8				9 - TURKISH FRIDAY			
Sautéed zucchini		Organic lentils soup & vegetables		Sautéed mushrooms		Sautéed vegetables				"Turkey" style salad (tomato slice, onion, olives, lemon juice, AOVE & touch of pepper)			
Grilled hake fillet & garlic (4)		French omelette (3)		Grilled hake fillet (4)		Diced pork loin & garlic				Filete de pollo a las finas hierbas			
Roasted potatoes (12) Four seasons salad		Grilled aubergine slices House salad (3,4)		Roasted sweet potato Cheff salad		Steamed rice White asparagus Mediterranean salad (3,4)				Peppers and onion Cheff salad			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Dairy (7)			
12 VEGAN DAY		13		14		15				16			
Vegetarian Pasta salad (1,3,6,10)		Sautéed cabbage		Raita salad (tomato, onion, cucumber, yoghurt sauce) (7)		OFFICIAL HOLIDAYS				SCHOOL HOLIDAY			
Spinach hamburger with caramelized onion (1,6,8,10)		Veggie "cocido" (no meat)		Filete de pollo a la plancha con toque de curry									
Broccoli & garlic Roasted diced potatoes (12) Green salad & tuna (4)		White asparagus Chef salad (1,6,10)		Aubergine fingers and honey (1) Steamed rice House salad									
Seasonal fruit		Seasonal fruit		Seasonal fruit									
19		20		21		22				23 - MEXICAN FRIDAY			
Sautéed mushrooms		Potato salad (3,4,12)		"Salmorejo" (1,3,6,12). No garnish		Herby zucchini				"Pico de Gallo" salad			
Pork skewers		Salmon & tarragon (4)		York and cheese omelette (3,6,7)		Grilled fish (4)				Lagrimitas de pollo con verduras asadas			
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		Roasted potatoes (12) Herby zucchini Cheff salad				Roasted onion "Guacamole"			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Dairy (7)			
26		27		28		29				30 - ITALIAN FRIDAY			
Potato and vegetables salad (no mayo) (3,4)		Cold tomato soup (1,12)		Pasta salad (1,3,4,6,10)		Cream of pumpkin and carrot soup (12)				Herby vegetables			
Lomo de cerdo adobado a la plancha		Roasted chicken & lemon		Grilled hake fillet (4)		Diced pork loin and peppers				Grilled chicken fillet and roasted vegetables			
White asparagus Sautéed mushrooms House salad		Cus-cus (1,6,10) Grilled seasonal vegetables Mediterranean salad (3,4)		Cauliflower Sweet potato Cheff salad		Diced potatoes (12) Grilled vegetables Salad (no bacon)				Roasted potatoes (12) Herby vegetables Green salad			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Dairy (7)				Dairy (7)			