

# OCTOBER 25 DINNER MENU

## MONDAY

FRESH ESCAROLE SALAD  
FRIKADELLEN (HAMBURGUER)

CUS CUS  
FALAFEL AND YOGHURT SAUCE

MIXED SALAD  
SHEPERD'S PIE

## TUESDAY

QUINOA SALAD WITH WALNETS  
AND CRANBERRIES  
ROASTED CHICKEN WINGS

CREAMY OF SWEET POTATO  
SOUP  
CHICKEN COOKED ON APPLE  
SAUCE

OMELETTE ROLLS, TUNA AND  
TOMATO

## WEDNESDAY

BAKED GILTHEAD & GARLIC ON  
POTATO BED

GRILLED VEGETABLES  
VEGETARIAN SANDWICH

GNOCCHI GORGONZOLLA  
SCRAMBLED EGG

SAUTÉED MUSHROOMS  
MONKFISH ON SAUCE

## THURSDAY

SALAD WITH SWEET AND SOUR  
DRESSING  
BEEF WOK WITH SOY SAUCE

GRILLED ASPARAGUS  
BAKED SALMON & TERIYAKI  
SAUCE

SAUTÉED PEAS  
SAUSAGE AND MAHSED POTATO

GARLIC SOUP  
POTATO AND ZUCCHINI  
OMELETTE

## FRIDAY

HOMEMADE TOMATO SOUP  
HAM AND CHEESE BREADED  
ROLLS

ZUCCHINI PASTRY  
MARINATED PORK SKEWERS

GYOZAS ON AIR FRYER  
ECUADOR STYLE FISH AND ONION  
SOUP

FOCACCIA  
PARMIGIANA CHICKEN



HASTINGS  
SCHOOL