

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
2					3					4					5					6 - French FRIDAY																			
Vegetables stew					"Senyoret" style rice (fish and seafood) (2,4,14)					Beans soup & "chorizo" (12)					Pasta Alfredo (1,3,6,7,10)					Tartiflette (potato casserole with bacon, onion, garlic, cream, melted cheese and rosemary) (7,12)																			
Meatballs in sauce (6,10,11,12) Vegetarian "meatballs" (plant based) in sauce (6,9,12)					Pork skewers Vegetable and tofu scramble (6,9,12)					Spanish potato and onion omelette (3) Grilled salmon (4)					Grilled chicken Roasted vegetables & seitan "tacos" (1,6)					Stewed beef with mushrooms and baby carrots Stewed tofu with mushrooms and baby carrots (6)																			
Cus-cus (1,6,10) Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4)					Mushrooms and bacon Roasted sweet-potato House salad					Asparagus with mayonnaise (6) Roasted pumpkin Mediterranean salad (3,4)					Fries Seasonal grilled vegetables Greek salad (7) Dairy dessert (7)					Steamed rice Roasted aubergine Apple salad with honey mustard dressing (10) Homemade dessert (1,3,6,7,10)																			
Fresh fruit					Fresh fruit					Fresh fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																			
kcal	656,6	Lip	24,9	Prot	31,9	HdC	76	kcal	743,1	Lip	34,7	Prot	29,4	HdC	78	kcal	725,9	Lip	23,9	Prot	25,8	HdC	102	kcal	756,5	Lip	35,8	Prot	35,1	HdC	73	kcal	698,0	Lip	32,7	Prot	52,0	HdC	49
9					10					11					12					13 - CHINESE FRIDAY																			
Organic lentils soup & "chorizo" (12)					Capresse salad (7)					Chickpea and noodle stew (1,3,6,10)					Green beans & paprika					Spring rolls (1,2,3,4,7,8,9,10,14)																			
Cheesy omelette (3,7) Breaded calamari (1,2,3,4,6,10,14)					Home made bolognese lasagne (1,3,6,7,10) Homemade Bolognese-style lasagna with plant-based protein (pea or textured soy protein) (1,3,6,10)					Pork loin stuffed with cheese and served in mustard sauce (1,3,6,7,10) Quinoa and vegetable stuffed tomato					Home made tuna pastry (1,3,4,5,6,7,8,10,11) Home made pisto pastry (1,3,4,5,6,7,8,10,11)					Asian-style chicken with soy sauce (6) Asian-style seitan with soy sauce (1,6)																			
Grilled vegetables Diced potato (12) Tabouleh salad (1,6,10)					Garlic bread (1,6) Baby carrot Tropical style salad					Roasted potato (12) Asparagus with mayonnaise (6) Four seasons salad and vinaigrette (12)					Pasta & garlic (1,3,6,10) Sautéed mushrooms Apple salad with cocktail sauce (3,6)					Special fried rice (3,6) Stir fry vegetables Oriental style salad (6) Homemade dessert (1,3,6,7,10)																			
Fresh fruit					Fresh fruit					Fresh fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																			
kcal	736,2	Lip	25,3	Prot	31,5	HdC	96	kcal	689,1	Lip	31,7	Prot	34,2	HdC	67	kcal	705,9	Lip	24,0	Prot	41,6	HdC	81	kcal	658,0	Lip	31,5	Prot	17,1	HdC	77	kcal	702,0	Lip	24,7	Prot	44,0	HdC	76
16					17					18					19 - Parent lunch suggestions					20 INTERNATIONAL MEATOUT DAY																			
Wholegrain spaghetti with Pirate sauce (1,3,6,7,10)					Creamy pumpkin and carrot soup (12)					Rioja-style potato stew (with "chorizo") (12)					Organic chickpea and spinach stew					Wholegrain spaghetti aglio e olio (with garlic and olive oil) (1,3,6,10)																			
Spanish potato omelette (3) Homemade Andalusian-style fried hake (1,4,6,10)					Fresh sausage with tomato (6,12) Vegetables "pakoras"					Codfish with tomato sauce (2,4,14) Grilled hamburger (10,11,12) Plant-based courgette omelette (with chick pea flour)					Kids' chicken tikka wraps (1) Vegan strips and vegetable wraps (1,6)					Homemade moussaka with "pisto" & plant-based protein (1,6) Vegan burger with roasted onion (1,6)																			
White asparagus Fried peppers Salad with mixed berry vinaigrette (12)					Brussels sprouts Cous Cous (1,6,10) Mediterranean salad (3,4)					Roasted sweet potato Sautéed broccoli Salad with hard-boiled egg (3)					Roasted potatoes and paprika (12) Sautéed carrots with mushrooms Tabouleh (1,6,10)					Herby zucchini Diced potatoes (12) Greek salad (3,7) Homemade dessert (1,3,6,7,10)																			
Fresh fruit					Fresh fruit					Fresh fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																			
kcal	718,1	Lip	19,5	Prot	20,3	HdC	115	kcal	669,8	Lip	38,0	Prot	17,8	HdC	64	kcal	668,6	Lip	20,4	Prot	39,3	HdC	82	kcal	742,1	Lip	27,3	Prot	40,8	HdC	83	kcal	685,8	Lip	32,7	Prot	36,4	HdC	61
23					24					25					26 Student favourites					27 - MEXICAN FRIDAY																			
Bacon and mushrooms risotto (7)					Peas and ham Gilled salmon (4) Breaded chicken fillet (1,3,6,10) Vegan chicken-style strips (1,6)					Carbonara style pasta (1,3,6,7,10) Chicken wings & BBQ sauce (6,12) Hake fillet with mild garlic and parsley (grilled) (4) Tofu and mixed colour vegetable wok with soy sauce (6)					Homemade "cocido" soup (1,3,6,10) Assortment "cocido" Vegetarian "cocido"					Mexican-style rice (with beans, peppers, tomato, onion and coriander) Chicken "taco" with caramelised onion (1) Vegetarian "taco" with caramelised onion (1,6)																			
Aubergine, tomato and cheese "mini pizzas" (7) Hummus & Crudités (raw vegetables) Cheff salad					Sautéed red cabbage Diced potatoes (12) Mediterranean salad (3,4)					White asparagus and cocktail sauce (6) Sautéed vegetables Green salad					Sautéed cabbage Garlic bread (1,6) Salad with cocktail sauce (3,6)					Assorted bell peppers "Guacamole" House salad (3,4) Homemade dessert (1,3,6,7,10)																			
Fresh fruit					Fresh fruit					Fresh fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																			
kcal	694,6	Lip	22,6	Prot	33,9	HdC	89	kcal	564,6	Lip	23,5	Prot	32,8	HdC	56	kcal	723,9	Lip	24,8	Prot	26,9	HdC	98	kcal	655,9	Lip	21,9	Prot	22,1	HdC	93	kcal	729,2	Lip	20,0	Prot	46,3	HdC	91
30					31																																		
SCHOOL HOLIDAYS					SCHOOL HOLIDAYS																																		

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuzes	Moluscos



Secondary menu - March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - French FRIDAY																												
Vegetables stew	"Senyoret" style rice (fish and seafood) (2,4,14)	Beans soup & vegetables (12)	Pasta Alfredo (1,3,6,7,10) (*)	Tartiflette (potato casserole with onion, garlic, cream, melted cheese and rosemary) (7,12)																												
Vegetarian "meatballs" (plant based) in sauce (6,9,12)	Vegetable and egg scramble (3)	Spanish potato and onion omelette (3)	Grilled chicken (*)	Stewed beef (*) with mushrooms and baby carrots																												
Cus-cus (1,6,10) Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4) Fresh fruit	Mushrooms Roasted sweet-potato House salad Fresh fruit	Asparagus with mayonnaise (6) Roasted pumpkin Mediterranean salad (3,4) Fresh fruit	Fries Seasonal grilled vegetables Greek salad (7) Dairy dessert (7)	Steamed rice Roasted aubergine Apple salad with honey mustard dressing (10) Homemade dessert (1,3,6,7,10)																												
9	10	11	12	13 - CHINESE FRIDAY																												
Organic lentils soup & vegetables (12)	Capresse salad (7)	Chickpea and noodle stew (1,3,6,10)	Green beans & paprika	Spring rolls (1,2,3,4,7,8,9,10,14)																												
Cheesy omelette (3,7)	Home made bolognese (*) lasagne (1,3,6,7,10)	Chicken fillet (*) served in mustard sauce (10)	Home made tuna pastry (1,3,4,5,6,7,8,10,11)	Asian-style chicken (*) with soy sauce (6)																												
Grilled vegetables Diced potato (12) Tabouleh salad (1,6,10) Fresh fruit	Garlic bread (1,6) Baby carrot Tropical style salad Fresh fruit	Roasted potato (12) Asparagus with mayonnaise (6) Four seasons salad and vinaigrette (12) Fresh fruit	Pasta & garlic (1,3,6,10) Sautéed mushrooms Apple salad with cocktail sauce (3,6) Dairy dessert (7)	Special fried rice (3,6) Stir fry vegetables Oriental style salad (6) Homemade dessert (1,3,6,7,10)																												
16	17	18	19 - Parent lunch suggestions	20 INTERNATIONAL MEATOUT DAY																												
Wholegrain spaghetti with Pirate sauce (1,3,6,7,10)	Creamy pumpkin and carrot soup (12)	Potato and vegetables stew (12)	Organic chickpea and spinach stew	Wholegrain spaghetti aggio e olio (with garlic and olive oil) (1,3,6,10)																												
Spanish potato omelette (3)	Vegetables "pakoras"	Codfish with tomato sauce (2,4,14)	Kids' chicken (*) tikka wraps (1)	Homemade moussaka with "pisto" & plant-based protein (1,6)																												
White asparagus Fried peppers Salad with mixed berry vinaigrette (12) Fresh fruit	Brussels sprouts Cous Cous (1,6,10) Mediterranean salad (3,4) Fresh fruit	Roasted sweet potato Sautéed broccoli Salad with hard-boiled egg (3) Fresh fruit	Roasted potatoes and paprika (12) Sautéed carrots with mushrooms Tabouleh (1,6,10) Dairy dessert (7)	Herby zucchini Diced potatoes (12) Greek salad (3,7) Homemade dessert (1,3,6,7,10)																												
23	24	25	26 Student favourites	27 - MEXICAN FRIDAY																												
Mushrooms risotto (7)	Sautéed peas	Pasta with tomato sauce (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Mexican-style rice (with beans, peppers, tomato, onion and coriander)																												
Turkey (*) ragout	Grilled salmon (4)	Chicken (*) wings & BBQ sauce (6,12)	Vegetarian "cocido"	Chicken (*) "taco" with caramelised onion (1)																												
Aubergine, tomato and cheese "mini pizzas" (7) Hummus & Crudités (raw vegetables) Cheff salad Fresh fruit	Sautéed red cabbage Diced potatoes (12) Mediterranean salad (3,4) Fresh fruit	White asparagus and cocktail sauce (6) Sautéed vegetables Green salad Fresh fruit	Sautéed cabbage Garlic bread (1,6) Salad with cocktail sauce (3,6) Dairy dessert (7)	Assorted bell peppers "Guacamole" House salad (3,4) Homemade dessert (1,3,6,7,10)																												
30	31	(*) Halal certificated																														
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	 <table border="1" data-bbox="1160 1212 2038 1268"> <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>Crustáceos</td><td>Huevos</td><td>Pescado</td><td>Cacahuete</td><td>Soja</td><td>Leche</td><td>Frutos de cáscara</td><td>Apio</td><td>Mostaza</td><td>Sésamo</td><td>Sulfitos</td><td>Altramuces</td><td>Moluscos</td> </tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos
1	2	3	4	5	6	7	8	9	10	11	12	13	14																			
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos																			

Secondary menu - Halal (no pork menu) - March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - French FRIDAY																												
Vegetables stew	"Senyoret" style rice (fish and seafood) (2,4,14)	Beans soup & "chorizo" (12)	Pasta (gluten free) Alfredo (7)	Tartiflette (potato casserole with bacon, onion, garlic, cream, melted cheese and rosemary) (7,12)																												
Meatballs in sauce (6,10,11,12)	Pork skewers	Spanish potato and onion omelette (3)	Grilled chicken	Stewed beef with mushrooms and baby carrots																												
Cus-cus (allergen free pasta) Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4)	Mushrooms and bacon Roasted sweet-potato House salad	Asparagus with mayonnaise (6) Roasted pumpkin Mediterranean salad (3,4)	Fries Seasonal grilled vegetables Greek salad (7)	Steamed rice Roasted aubergine Apple salad with honey mustard dressing (10)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Homemade dessert (allergen free)																												
9	10	11	12	13 - CHINESE FRIDAY																												
Organic lentils soup & "chorizo" (12)	Capresse salad (7)	Chickpea and noodle stew (1,3,6,10)	Green beans & paprika	Stir fry vegetables																												
Cheesy omelette (3,7)	Home made bolognese lasagne (gluten free pasta; no bechamel sauce)	Pork loin stuffed with cheese and served in mustard sauce (allergen free)	Tuna omelette (3,4)	Asian-style chicken with soy sauce (6)																												
Grilled vegetables Diced potato (12) Tabouleh salad (gluten free)	Garlic bread (gluten free) (6) Baby carrot Tropical style salad	Roasted potato (12) Asparagus with mayonnaise (6) Four seasons salad and vinaigrette (12)	Pasta & garlic (gluten free pasta) Sautéed mushrooms Apple salad with cocktail sauce (3,6)	Special fried rice (3,6) Oriental style salad (6)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Homemade dessert (allergen free)																												
16	17	18	19 - Parent lunch suggestions	20 INTERNATIONAL MEATOUT DAY																												
Gluten free pasta with Pirate sauce (7)	Creamy pumpkin and carrot soup (12)	Rioja-style potato stew (with "chorizo") (12)	Organic chickpea and spinach stew	Gluten free spaguetti aggio e olio (with garlic and olive oil)																												
Spanish potato omelette (3)	Fresh sausage with tomato (6,12)	Codfish with tomato sauce (2,4,14)	Kids' chicken tikka wraps (gluten free wrap)	Homemade moussaka with "pisto" & plant-based protein (gluten free,6)																												
White asparagus Fried peppers Salad with mixed berry vinaigrette (12)	Brussels sprouts Cous Cous (gluten free pasta) Mediterranean salad (3,4)	Roasted sweet potato Sautéed broccoli Salad with hard-boiled egg (3)	Roasted potatoes and paprika (12) Sautéed carrots with mushrooms Tabouleh (1,6,10)	Herby zucchini Diced potatoes (12) Greek salad (3,7)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Homemade dessert (allergen free)																												
23	24	25	26 Student favourites	27 - MEXICAN FRIDAY																												
Bacon and mushrooms risotto (7)	Peas and ham	Carbonara style pasta (7; allergen free pasta)	Homemade "cocido" soup (gluten free noodles)	Mexican-style rice (with beans, peppers, tomato, onion and coriander)																												
Turkey ragout	Gilled salmon (4)	Chicken wings & BBQ sauce (6,12)	Assortment "cocido"	Chicken "taco" with caramelised onion (tortita sin gluten)																												
Aubergine, tomato and cheese "mini pizzas" (7) Hummus & Crudités (raw vegetables) Cheff salad	Sautéed red cabbage Diced potatoes (12) Mediterranean salad (3,4)	White asparagus and cocktail sauce (6) Sautéed vegetables Green salad	Sautéed cabbage Garlic bread (gluten free) Salad with cocktail sauce (3,6)	Assorted bell peppers "Guacamole" House salad (3,4)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Homemade dessert (allergen free)																												
30	31																															
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	<table border="1"> <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>Crustáceos</td><td>Huevos</td><td>Pescado</td><td>Cacahuete</td><td>Soja</td><td>Leche</td><td>Frutos de cáscara</td><td>Apio</td><td>Mostaza</td><td>Sésamo</td><td>Sulfitos</td><td>Altramuces</td><td>Moluscos</td> </tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos
1	2	3	4	5	6	7	8	9	10	11	12	13	14																			
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos																			
Secondary menu - Gluten free - March 2026																																

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - French FRIDAY																												
Vegetables stew	Soupy rice and mushrooms	Beans soup & vegetables (12)	Pasta Alfredo (1,3,6,7,10)	Tartiflette (potato casserole with onion, garlic, cream, melted cheese and rosemary) (7,12). NO BACON.																												
Meatballs in sauce (6,10,11,12)	Vegetable and tofu scramble (6,9,12)	Spanish potato and onion omelette (3)	Grilled chicken	Stewed beef with mushrooms and baby carrots																												
Cus-cus (1,6,10) Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4) Fresh fruit	Mushrooms and bacon Roasted sweet-potato House salad Fresh fruit	Asparagus with mayonnaise (6) Roasted pumpkin Mediterranean salad (3,4) Fresh fruit	Fries Seasonal grilled vegetables Greek salad (7) Dairy dessert (7)	Steamed rice Roasted aubergine Apple salad with honey mustard dressing (10) Homemade dessert (1,3,6,7,10)																												
9	10	11	12	13 - CHINESE FRIDAY																												
Organic lentils soup & vegetables (12)	Capresse salad (7)	Chickpea and noodle stew (1,3,6,10)	Green beans & paprika	Spring rolls (1,2,3,4,7,8,9,10,14)																												
Cheesy omelette (3,7)	Homemade Bolognese-style lasagna with plant-based protein (pea or textured soy protein) (1,3,6,10)	Chicken fillet and served in mustard sauce (10)	Home made pisto pastry (1,3,4,5,6,7,8,10,11)	Asian-style chicken with soy sauce (6)																												
Grilled vegetables Diced potato (12) Tabouleh salad (1,6,10) Fresh fruit	Garlic bread (1,6) Baby carrot Tropical style salad Fresh fruit	Roasted potato (12) Asparagus with mayonnaise (6) Four seasons salad and vinaigrette (12) Fresh fruit	Pasta & garlic (1,3,6,10) Sautéed mushrooms Apple salad with cocktail sauce (3,6) Dairy dessert (7)	Special fried rice (3,6) Stir fry vegetables Oriental style salad (6) Homemade dessert (1,3,6,7,10)																												
16	17	18	19 - Parent lunch suggestions	20 INTERNATIONAL MEATOUT DAY																												
Wholegrain spaghetti with Pirate sauce (1,3,6,7,10)	Creamy pumpkin and carrot soup (12)	Potato stew and vegetables (12)	Organic chickpea and spinach stew	Wholegrain spaghetti aggio e olio (with garlic and olive oil) (1,3,6,10)																												
Spanish potato omelette (3)	Vegetables "pakoras"	Grilled veal burger (10,11,12)	Kids' chicken tikka wraps (1)	Homemade moussaka with "pisto" & plant-based protein (1,6)																												
White asparagus Fried peppers Salad with mixed berry vinaigrette (12) Fresh fruit	Brussels sprouts Cous Cous (1,6,10) Mediterranean salad (3,4) Fresh fruit	Roasted sweet potato Sautéed broccoli Salad with hard-boiled egg (3) Fresh fruit	Roasted potatoes and paprika (12) Sautéed carrots with mushrooms Tabouleh (1,6,10) Dairy dessert (7)	Herby zucchini Diced potatoes (12) Greek salad (3,7) Homemade dessert (1,3,6,7,10)																												
23	24	25	26 Student favourites	27 - MEXICAN FRIDAY																												
Mushrooms risotto (7). NO BACON.	Sautéed peas	Pasta with home made tomato sauce (1,3,6,7,10)	Homemade vegetables soup (1,3,6,10)	Mexican-style rice (with beans, peppers, tomato, onion and coriander)																												
Turkey ragout	Grilled salmon (4)	Chicken wings & BBQ sauce (6,12)	Vegetarian "cocido"	Chicken "taco" with caramelised onion (1)																												
Aubergine, tomato and cheese "mini pizzas" (7) Hummus & Crudités (raw vegetables) Cheff salad Fresh fruit	Sautéed red cabbage Diced potatoes (12) Mediterranean salad (3,no tuna) Fresh fruit	White asparagus and cocktail sauce (6) Sautéed vegetables Green salad Fresh fruit	Sautéed cabbage Garlic bread (1,6) Salad with cocktail sauce (3,6) Dairy dessert (7)	Assorted bell peppers "Guacamole" House salad (3,no tuna) Homemade dessert (1,3,6,7,10)																												
30	31	<table border="1"> <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>Crustáceos</td><td>Huevos</td><td>Pescado</td><td>Cacahuete</td><td>Soja</td><td>Leche</td><td>Frutos de cáscara</td><td>Apio</td><td>Mostaza</td><td>Sésamo</td><td>Sulfitos</td><td>Altramuces</td><td>Moluscos</td> </tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos
1	2	3	4	5	6	7	8	9	10	11	12	13	14																			
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos																			
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	 HASTINGS SCHOOL																														

Secondary menu - Kosher adapted - March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																							
2	3	4	5	6 - French FRIDAY																																							
Sautéed vegetables	Soupy rice and mushrooms	Beans soup & vegetables (12)	Seasonal grilled vegetables	Roasted aubergine																																							
Filete de pollo a la plancha con cus cus	Revuelto de huevo y verduras (3)	Salmón al papillote con espárragos blancos (4)	Pollo asado (retirar piel antes de consumo)	Stewed beef with mushrooms and baby carrots																																							
Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4)	Roasted sweet potato House salad	Roasted pumpkin Mediterranean salad (3,4)	Sautéed pasta (1,3,6,10) Greek salad (7)	Steamed rice Apple salad (no sauce)																																							
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Seasonal fruit																																							
9	10	11	12	13 - CHINESE FRIDAY																																							
Organic lentils soup & vegetables (12)	Capresse salad (7)	Quinoa and vegetable stuffed tomato	Green beans & paprika	Verduras Stir fried																																							
Cheesy omelette (3,7)	Home made bolognese lasagne (1,3,6,10). No bechamel	Grilled pork loin	Tuna omelette (3,4)	Asian-style chicken with soy sauce (6)																																							
Grilled vegetables Tabouleh (1,6,10)	Baby carrot Tropical style salad	White asparagus Four seasons salad and vinaigrette (12)	Sautéed mushrooms Apple salad (no sauce)	Special fried rice Oriental style salad (6)																																							
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Seasonal fruit																																							
16	17	18	19 - Parent lunch suggestions	20 INTERNATIONAL MEATOUT DAY																																							
Sautéed whole-grain pasta (olive oil extra and basil) (1,3,6,10)	Creamy pumpkin and carrot soup (12)	Sautéed broccoli	Sautéed mushrooms and carrot	Ensalada Griega (7)																																							
Grilled hake fillet (4)	Grilled fresh sausage(6,12)	Grilled codfish (2,4,14)	Kids' chicken tikka wraps (1)	Hamburguesa vegana con cebolla asada (1,6)																																							
White asparagus Salad with mixed berry vinaigrette (12)	Cous Cous (1,6,10) Mediterranean salad	Roasted sweet potato Salad with hard-boiled egg (3)	Roasted potatoes and paprika (12) Ensalada Tabouleh (1,6,10)	Herby zucchini Whole grain spaguetti (1,3,6,10)																																							
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Seasonal fruit																																							
23	24	25	26 Student favourites	27 - MEXICAN FRIDAY																																							
Aubergine, tomato and cheese "mini pizzas" (7)	Sautéed peas	Grilled vegetables	Sautéed cabbage	Mexican-style rice (with beans, peppers, tomato, onion and coriander)																																							
Turkey ragout	Grilled salmon (4)	Hake fillet with mild garlic and parsley (grilled) (4)	Vegetarian "cocido"	Chicken "taco" with caramelised onion (1)																																							
Hummus & Crudités Cheff salad	Sautéed red cabbage Mediterranean salad	Espárragos blancos (sin salsa rosa) Ensalada Verde	Roasted peppers and hard-boiled egg Mixed salad (no sauce)	Guacamole Ensalada de la casa (3,4)																																							
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (7)	Seasonal fruit																																							
30	31																																										
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		Secondary menu - low calories - March 2026																																									

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
2	3	4	5	6 - French FRIDAY																												
Vegetables stew	"Senyoret" style rice (fish and seafood) (2,4,14)	Beans soup & vegetables (12)	Pasta with tomato sauce and cheese (1,3,6,7,10)	Tartiflette (potato casserole with onion, garlic, cream, melted cheese and rosemary) (7,12)																												
Vegetarian "meatballs" (plant based) in sauce (6,9,12)	Vegetable and tofu scramble (6,9,12)	Spanish potato and onion omelette (3)	Roasted vegetables & seitan "tacos" (1,6)	Stewed tofu with mushrooms and baby carrots (6)																												
Cus-cus (1,6,10) Roasted tomato Mixed salad with tuna and hard-boiled egg (3,no tuna)	Mushrooms Roasted sweet-potato House salad (no animal protein)	Asparagus with mayonnaise (6) Roasted pumpkin Mediterranean salad (3,no tuna)	Fries Seasonal grilled vegetables Greek salad (7)	Steamed rice Roasted aubergine Apple salad with honey mustard dressing (10)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (plant based)	Homemade dessert (1,3,6,7,10)																												
9	10	11	12	13 - CHINESE FRIDAY																												
Organic lentils soup & vegetables (12)	Capresse salad (7)	Chickpea and noodle stew (1,3,6,10)	Green beans & paprika	Spring rolls (1,2,3,4,7,8,9,10,14)																												
Cheesy omelette (3,7)	Homemade Bolognese-style lasagna with plant-based protein (pea or textured soy protein) (1,3,6,10)	Quinoa and vegetable stuffed tomato	Home made pisto pastry (1,3,4,5,6,7,8,10,11)	Asian-style seitan with soy sauce (1,6)																												
Grilled vegetables Diced potato (12) Tabouleh salad (1,6,10)	Garlic bread (1,6) Baby carrot Tropical style salad	Roasted potato (12) Asparagus with mayonnaise (6) Four seasons salad and vinaigrette (12)	Pasta & garlic (1,3,6,10) Sautéed mushrooms Apple salad with cocktail sauce (3,6)	Special fried rice (3,6) Stir fry vegetables Oriental style salad (6)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (plant based)	Homemade dessert (1,3,6,7,10)																												
16	17	18	19 - Parent lunch suggestions	20 INTERNATIONAL MEATOUT DAY																												
Wholegrain spaghetti with Pirate sauce (1,3,6,7,10)	Creamy pumpkin and carrot soup (12)	Potato and vegetables stew (12)	Organic chickpea and spinach stew	Wholegrain spaghetti aglio e olio (with garlic and olive oil) (1,3,6,10)																												
Spanish potato omelette (3)	Vegetables "pakoras"	Plant-based courgette omelette (with chick pea flour)	Vegan strips and vegetable wraps (1,6)	Homemade moussaka with "pisto" & plant-based protein (1,6)																												
White asparagus Fried peppers Salad with mixed berry vinaigrette (12)	Brussels sprouts Cous Cous (1,6,10) Mediterranean salad (3,no tuna)	Roasted sweet potato Sautéed broccoli Salad with hard-boiled egg (3)	Roasted potatoes and paprika (12) Sautéed carrots with mushrooms Tabouleh (1,6,10)	Herby zucchini Diced potatoes (12) Greek salad (3,7)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (plant based)	Homemade dessert (1,3,6,7,10)																												
23	24	25	26 Student favourites	27 - MEXICAN FRIDAY																												
Mushrooms risotto (7)	Sautéed peas	Pasta with tomato sauce (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Mexican-style rice (with beans, peppers, tomato, onion and coriander)																												
Falafel & yoghurt sauce (1,6,7)	Vegan chicken-style strips (1,6)	Tofu and mixed colour vegetable wok with soy sauce (6)	Vegetarian "cocido"	Vegetarian "taco" with caramelised onion (1,6)																												
Aubergine, tomato and cheese "mini pizzas" (7) Hummus & Crudités (raw vegetables) Cheff salad (no animal protein)	Sautéed red cabbage Diced potatoes (12) Mediterranean salad (3,no tuna)	White asparagus and cocktail sauce (6) Sautéed vegetables Green salad	Sautéed cabbage Garlic bread (1,6) Salad with cocktail sauce (3,6)	Assorted bell peppers "Guacamole" House salad (3, no tuna)																												
Fresh fruit	Fresh fruit	Fresh fruit	Dairy dessert (plant based)	Homemade dessert (1,3,6,7,10)																												
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