

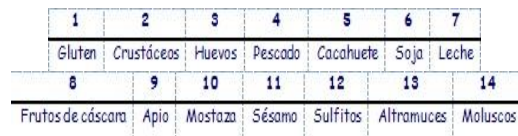


Secondary School menu - September 2026

Energy expressed in kcal; macronutrients in grams. Water served as standard beverage with all meals.
Menu created by the Nutrition Department and reviewed by Operations Hastings School.

MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY																				
7							8							9							10							11 - ORIENTAL FRIDAY																				
Sautéed green beans							Wholegrain macaroni Carbonara style (1,3,6,7,10)							Cordoba-style Salmorejo (tomato, garlic, white bread, EVOO) (1,3,12)							Organic lentil stew with chorizo							Three Delight rice (3)																				
Gardener-style beef meatballs (1,6,10,11,12)							Oven-baked hake fillet with garlic and paprika (4)							Spanish potato and onion omelette (3)							Homemade vegetable pakoras (made with gram flour)							Japanese-style Chicken Katsu fillet with curry sauce (1,3,6,7,10)																				
Falafel with yoghurt sauce (1,6,7)							Stuffed aubergine with vegetables and soya protein (1,6)							Vegetable and Mediterranean strips fajitas (1,6)							Andalusian-style fried squid rings (1,2,3,4,6,10,14)							Grilled tofu fingers served with curry sauce (6)																				
Diced potatoes (12)							Sautéed broccoli with paprika							Pasta salad (1,3,4,6,10)							Sautéed Brussels sprouts							Spring rolls (1,2,3,4,5,6,7,8,9,10,14)																				
Sautéed courgette ribbons							Asparagus with mayonnaise (3,6)							Sautéed mushrooms							Cous Cous (1,6,10)							Baby carrots																				
Mixed salad with boiled egg (3)							Chef's Salad							Mixed salad with tuna (4)							Chef's salad							Oriental-style salad (10)																				
Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Homemade dessert (1,3,6,7,10)																				
kcal	803,7	Lip	35,3	Prot	34,4	HdC	87	kcal	741,2	Lip	21,1	Prot	38,4	HdC	100	kcal	743,9	Lip	31,1	Prot	29,9	HdC	86	kcal	788,0	Lip	26,5	Prot	50,6	HdC	87	kcal	724,6	Lip	21,6	Prot	43,4	HdC	89									
14							15							16							17							18 - COSTA RICAN FRIDAY																				
Wholegrain spaghetti with tomato sauce (1,3,6,10)							Organic chickpea soup							Cauliflower Only (1,2,3,4,6,7,8,9,10,14)							Rioja-style potatoes stew (with vegetables and "chorizo" slice) (12)							Costa Rican Gallo Pinto style rice (rice, beans, pepper, tomato, onion, coriander)																				
Portuguese-style cod (2,4,12,14)							Vegetarian wok (with soya protein) (6)							Lean pork loin stew (Spanish style) with vegetables							Grilled salmon fillet (4)							Chicken quesadilla with caramelised onion (1)																				
French omelette with cheese (3,7)							Grilled marinated chicken skewer							Oven-baked soya and quinoa veggie burger with onion (1,6,8)							Tofu & roast vegetable fajitas (green pepper, red pepper, onion) (1,6)							Vegan quesadilla with caramelised onion (1,6)																				
Vegetable croquettes (1,2,3,4,6,7,8,9,10,14)							Quinoa with vegetables (zucchini, tomato, aubergine)							Diced potato (12)							Roasted aubergine slice with cheese, tomato and orengao (7)							Sautéed peppers																				
Fried green peppers							Roast sweet potato							Sautéed courgette and pumpkin							Pasta salad (1,3,4,6,7,10)							"Guacamole"																				
Hummus & crudités							Mediterranean salad (3,4)							Chef's salad							Green salad							Hose salad (3,4)																				
Salad with sweet and sour dressing (6,12)							Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Homemade dessert (1,3,6,7,10)																				
kcal	741,8	Lip	21,3	Prot	37,2	HdC	100	kcal	702,1	Lip	25,5	Prot	27,9	HdC	90	kcal	767,3	Lip	43,7	Prot	27,9	HdC	66	kcal	716,6	Lip	31,3	Prot	35,4	HdC	73	kcal	755,9	Lip	24,3	Prot	42,0	HdC	92									
21							22							23							24							25 - INDIAN FRIDAY																				
Spaghetti aglio e olio (1,3,6,10)							Wholegrain rice with homemade tomato sauce							Peas and potatoes							Organic white bean stew with vegetables							Raita salad (cucumber, tomato, olives)																				
Grilled pork skewers							Monkfish fillet with garlic and paprika oil (2,4,14)							Oven-baked homemade vegetable ratatouille pie (1,3,5,6,7,8,10,11)							Spanish omelette (3)							Chicken curry (7)																				
Oven-baked Mediterranean Heura strips (plant-based) (1,6)							Stuffed courgette with soya and vegetables (1,6)							Homemade tuna and ratatouille pie baked in oven (1,3,4,5,6,7,8,10,11)							Andalusian-style hake fillet (1,4,6,10)							Tofu curry (1,6,10,12)																				
Boulangère potatoes (12)							Grilled vegetables							Potato and vegetables salad with mayo (3,4,6)							Cus-cus (1,6,10)							Steamed rice																				
Roasted pumpkin							Diced potatoes (12)							Herby courgette							"Gazpacho" (cold tomato soup) (1)							Baby carrots																				
Salad with hard-boiled egg (3)							Chef's salad							Green salad							Mixed salad (4)							Salad with honey and mustard dressing (10)																				
Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Homemade dessert (1,3,6,7,10)																				
kcal	684,7	Lip	25,1	Prot	31,1	HdC	84	kcal	716,7	Lip	24,0	Prot	27,5	HdC	98	kcal	684,7	Lip	25,1	Prot	31,1	HdC	84	kcal	677,2	Lip	21,6	Prot	21,9	HdC	99	kcal	753,0	Lip	31,2	Prot	46,2	HdC	72									
28							29							30							31							1 - MONDAY																				
Wholegrain macaroni Cacio e Pepe (1,3,6,7,10)							Organic lentil stew with vegetables							"Senyoret" seafood rice (2,4,14)							Grilled salmon fillet (4)							Grilled beef burger (6,10,11,12)																				
Cheese omelette (3,7)							Hake fillet in tomato sauce with parsley (4)							Oven-baked vegetable ratatouille pie (1,3,5,6,7,8,10,11)							Spanish omelette (3)							Grilled beef burger (6,10,11,12)																				
Vegetarian meatballs in sauce (textured pea protein) (1,6)							Fine herbs chicken fillet							Homemade tuna and ratatouille pie baked in oven (1,3,4,5,6,7,8,10,11)							Andalusian-style hake fillet (1,4,6,10)							Grilled beef burger (6,10,11,12)																				
Fries							Roasted sweet potato							Potato and vegetables salad with mayo (3,4,6)							Cus-cus (1,6,10)							Steamed rice																				
Mushrooms and bacon							"Escalivada" (roasted vegetables)							Grilled vegetables							"Gazpacho" (cold tomato soup) (1)							Baby carrots																				
House salad							Mixed salad							House salad							Mixed salad (4)							Salad with honey and mustard dressing (10)																				
Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Fresh seasonal fruit							Homemade dessert (1,3,6,7,10)																				
kcal	817,4	Lip	27,8	Prot	22,5	HdC	119	kcal	713,0	Lip	19,0	Prot	45,6	HdC	90	kcal	713,0	Lip	19,0	Prot	45,6	HdC	90	kcal	677,2	Lip	21,6	Prot	21,9	HdC	99	kcal	753,0	Lip	31,2	Prot	46,2	HdC	72									
1							2							3							4							5							6							7						
Gluten							Crustáceos							Huevos							Pescado							Cacahuete							Soja							Leche						
8							9							10							11							12							13							14						
Frutos de cáscara							Apio							Mostaza							Sésamo							Sulfitos							Altramuzes							Moluscos						

Secondary School menu - Gluten free - September 2026

FRIDAY			
4 - MEDITERRANEAN FRIDAY			
Rice with homemade tomato sauce			
Roast chicken with bay leaves			
Chickpea (organic) salad with diced tomato, peppers and onion			
Sautéed mushrooms			
Apple salad with cocktail sauce (3,6)			
Postre casero (1,3,6,7,10)			
11 - ORIENTAL FRIDAY			
Arroz Tres Delicias (huevo, guisantes, zanahoria) (3)			
Japanese-style Chicken Katsu fillet with curry sauce (7, gluten free)			
Baby carrots			
Oriental-style salad (10)			
Postre casero (1,3,6,7,10)			
18 - COSTA RICAN FRIDAY			
Costa Rican Gallo Pinto style rice (rice, beans, pepper, tomato, onion, coriander)			
Chicken quesadilla with caramelised onion (gluten free quesadilla)			
Sautéed peppers			
"Guacamole"			
Hose salad (3,4)			
Postre casero (1,3,6,7,10)			
25 - INDIAN FRIDAY			
Raita salad (cucumber, tomato, olives)			
Chicken curry (7)			
Steamed rice			
Baby carrots			
Salad with honey and mustard dressing (10)			
Postre casero (1,3,6,7,10)			
MONDAY			
7	TUESDAY	WEDNESDAY	THURSDAY
Sautéed green beans	Macarrones sin alérgenos al estilo Carbonara (7)	Salmorejo Cordobés (tomate, ajo, pan SIN GLUTEN, AOVE) (3,12)	Organic lentil stew with chorizo 
Gardener-style beef meatballs (1,6,10,11,12)	Oven-baked hake fillet with garlic and paprika (4)	Spanish potato and onion omelette (3)	Andalusian-style fried squid rings (corn flour, gluten free) (2,4,14)
Patatas dado al horno (12)	Sautéed broccoli and paprika	Pasta salad (gluten free)	Coles de bruselas salteadas
Daditos de calabacín salteados	Asparagus and mayo (3,6)	Sautéed mushrooms	Cous Cous (sin alérgenos)
Ensalada variada con huevo duro (3)	House salad	Mixed salad with tuna (4)	Ensalada del chef
Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada
14	15	16	17
Spaghetti sin alérgenos con tomate 	Organic chickpea soup	Homemade breaded cauliflores (gluten free)	Rioja-style potatoes stew (with vegetables and "chorizo" slice) (12)
Portuguese-style cod (2,4,12,14)	Grilled marinated chicken skewer	Lean pork loin stew (Spanish style) with vegetables	Grilled salmon fillet (4)
Fried green peppers	Quinoa with vegetables (zucchini, tomato, aubergine)	Diced potato (12)	Roasted aubergine slice with cheese, tomato and orengao (7)
Hummus & crudités	Roast sweet potato	Sautéed courgette and pumpkin	Pasta salad (gluten free)
Salad with sweet and sour dressing (6,12)	Mediterranean salad (3,4)	Chef's salad	Green salad
Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada
21	22	23	24
Allergen free pasta aglio e olio	Wholegrain rice with homemade tomato sauce	Peas and potatoes 	Organic white bean stew with vegetables
Grilled pork skewers	Monkfish fillet with garlic and paprika oil (2,4,14)	Vegetarian bolognese and pisto (6)	Spanish omelette (3)
Boulangère potatoes (12)	Grilled vegetables	Potato and vegetables salad with mayo (3,4,6)	Cus-cus (allergen free)
Roasted pumpkin	Diced potatoes (12)	Herby courgette	"Gazpacho" (cold tomato soup) (with gluten free bread)
Salad with hard-boiled egg (3)	Chef's salad	Green salad	Mixed salad (4)
Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada
28	29	30	
Allergen free macaroni Cacio e Pepe (7)	Organic lentil stew with vegetables	*Senyoret* seafood rice (2,4,14)	
Cheese omelette (3,7)	Hake fillet in tomato sauce with parsley (4)	Grilled beef burger (6,10,11,12)	
Fries	Roasted sweet potato	Grilled vegetables	
Mushrooms	"Escalivada" (roasted vegetables)	Diced potato (12)	
House salad	Mixed salad	House salad	
Fruta fresca de temporada	Fruta fresca de temporada	Fruta fresca de temporada	



Secondary School menu - Low calories - September 2026

HASTINGS

SCHOOL

Secondary School menu - Low calories - September 2026

FRIDAY			
4 - MEDITERRANEAN FRIDAY			
Sautéed mushrooms			
Roast chicken with bay leaves			
Chickpea (organic) salad with diced tomato, peppers and onion			
Sautéed mushrooms			
Apple salad with cocktail sauce (3,6)			
Homemade dessert (1,3,6,7,10)			
11 - ORIENTAL FRIDAY			
Three Delight rice (3)			
Chicken fillet with a fine touch of curry (no sauce)			
Baby carrots			
Oriental-style salad (10)			
Homemade dessert (1,3,6,7,10)			
18 - COSTA RICAN FRIDAY			
Costa Rican Gallo Pinto style rice (rice, beans, pepper, tomato, onion, coriander)			
Chicken quesadilla (no caramelised onion) (1)			
Sautéed peppers			
"Guacamole"			
Hose salad (3,4)			
Homemade dessert (1,3,6,7,10)			
25 - INDIAN FRIDAY			
Raita salad (cucumber, tomato, olives)			
Chicken fillet with a fine touch of curry			
Steamed rice			
Baby carrots			
Salad with honey and mustard dressing (10)			
Homemade dessert (1,3,6,7,10)			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7	8	9	10
Sautéed green peas	Wholegrain macaroni Carbonara style (1,3,6,7,10)	Cordoba-style Salmorejo (tomato, garlic, white bread, EVOO) (1,3,12). NO ham.	Organic lentil stew with chorizo
Falafel with yoghurt sauce (1,6,7)	Oven-baked hake fillet with garlic and paprika (4)	French omelette (3)	Homemade vegetable pakoras (made with gram flour)
Diced potatoes (12)	Sautéed broccoli and paprika	Pasta salad (1,3,4,6,10)	Sautéed Brussels sprouts
Sautéed courgette ribbons	Asparagus and mayo (3,6)	Sautéed mushrooms	Cous Cous (1,6,10)
Mixed salad with boiled egg (3)	House salad	Mixed salad with tuna (4)	Chef's salad
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
14	15	16	17
Sautéed wholegrain spaghetti (1,3,6,10)	Organic chickpea soup	Sautéed courgette and pumpkin	Roasted aubergine slice with cheese, tomato and orengao (7)
French omelette with cheese (3,7)	Grilled marinated chicken skewer	Oven-baked soya and quinoa veggie burger with onion (1,6,8)	Grilled salmon fillet (4)
Fried green peppers	Quinoa with vegetables (zucchini, tomato, aubergine)	Diced potato (12)	Pasta salad (1,3,4,6,7,10)
Hummus & crudité	Roast sweet potato	Sautéed courgette and pumpkin	Green salad
Salad with sweet and sour dressing (6,12)	Mediterranean salad (3,4)	Chef's salad	Fresh seasonal fruit
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
21	22	23	24
Spaghetti aglio e olio (1,3,6,10)	Grilled vegetables	Sautéed peas (no potato)	Organic white bean stew with vegetables
Grilled pork skewers	Monkfish fillet with garlic and paprika oil (2,4,14)	Homemade tuna and ratatouille pie baked in oven (1,3,4,5,6,7,8,10,11)	Grilled hake fillet (4)
Boulangère potatoes (12)	Diced potatoes (12)	Potato and vegetables salad with mayo (3,4,6)	Cus-cus (1,6,10)
Roasted pumpkin	Herby courgette	"Gazpacho" (cold tomato soup) (1)	Mixed salad (4)
Salad with hard-boiled egg (3)	Chef's salad	Green salad	Fresh seasonal fruit
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
28	29	30	
Sautéed mushrooms	Organic lentil stew with vegetables	Grilled vegetables	
Cheese omelette (3,7)	Fine herbs chicken fillet	Grilled beef burger (6,10,11,12)	
Fries	Roasted sweet potato	Diced potato (12)	
House salad	"Escalivada" (roasted vegetables)	House salad	
Fresh seasonal fruit	Mixed salad	Fresh seasonal fruit	

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



Secondary School menu - No pork - September 2026

FRIDAY			
4 - MEDITERRANEAN FRIDAY			
Rice with homemade tomato sauce			
Roast chicken with bay leaves			
Chickpea (organic) salad with diced tomato, peppers and onion Sautéed mushrooms Apple salad with cocktail sauce (3,6)			
Homemade dessert (1,3,6,7,10)			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7	8	9	10
Sautéed green peas	Wholegrain macaroni with tomato sauce (1,3,6,10)	Cordoba-style Salmorejo (tomato, garlic, white bread, EVOO) (1,3,12), No ham.	Organic lentil stew with vegetables
Gardener-style beef meatballs (1,6,10,11,12)	Oven-baked hake fillet with garlic and paprika (4)	Spanish potato and onion omelette (3)	Andalusian-style fried squid rings (1,2,3,4,6,10,14)
Diced potatoes (12) Sautéed courgette ribbons Mixed salad with boiled egg (3)	Sautéed broccoli and paprika Asparagus and mayo (3,6) House salad	Pasta salad (1,3,4,6,10) Sautéed mushrooms Mixed salad with tuna (4)	Sautéed Brussels sprouts Cous Cous (1,6,10) Chef's salad
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
14	15	16	17
Wholegrain spaghetti with tomato sauce (1,3,6,10)	Organic chickpea soup	Cauliflower Orly (1,2,3,4,6,7,8,9,10,14)	Potatoes stew (with vegetables) (12)
French omelette with cheese (3,7)	Grilled marinated chicken skewer	Oven-baked soya and quinoa veggie burger with onion (1,6,8)	Grilled salmon fillet (4)
Fried green peppers Hummus & crudités Salad with sweet and sour dressing (6,12)	Quinoa with vegetables (zucchini, tomato, aubergine) Roast sweet potato Mediterranean salad (3,4)	Diced potato (12) Sautéed courgette and pumpkin Chef's salad	Roasted aubergine slice with cheese, tomato and orengao (7) Pasta salad (1,3,4,6,7,10) Green salad
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
21	22	23	24
Spaghetti aglio e olio (1,3,6,10)	Wholegrain rice with homemade tomato sauce	Peas and potatoes	Organic white bean stew with vegetables
Oven-baked Mediterranean Heura strips (plant-based) (1,6)	Turkey ragout (stew with mushrooms)	Homemade tuna and ratatouille pie baked in oven (1,3,4,5,6,7,8,10,11)	Spanish omelette (3)
Boulangère potatoes (12) Roasted pumpkin Salad with hard-boiled egg (3)	Grilled vegetables Diced potatoes (12) Chef's salad	Potato and vegetables salad with mayo (3,4,6) Herby courgette Green salad	Cus-cus (1,6,10) "Gazpacho" (cold tomato soup) (1) Mixed salad (4)
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
28	29	30	1234567891011121314 Frutos de cáscaraApioMostazaSésamoSulfitosAltramuzesMoluscos
Wholegrain macaroni Cacio e Pepe (1,3,6,7,10)	Organic lentil stew with vegetables	"Senyoret" seafood rice (2,4,14)	
Cheese omelette (3,7)	Hake fillet in green sauce with parsley (4)	Grilled beef burger (6,10,11,12)	
Fries Mushrooms House salad	Roasted sweet potato "Escalivada" (roasted vegetables) Mixed salad	Grilled vegetables Diced potato (12) House salad	
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	



Secondary School menu - Vegetarian - September 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7		8		9		10		11 - ORIENTAL FRIDAY	
Sautéed green beas		Wholegrain macaroni with tomato sauce (1,3,6,10)		Cordoba-style Salmorejo (tomato, garlic, white bread, EVOO) (1,3,12)		Organic lentil stew with vegetables		Three Delightst rice (3)	
Falafel with yoghurt sauce (1,6,7)		Stuffed aubergine with vegetables and soya protein (1,6)		Spanish potato and onion omelette (3)		Homemade vegetable pakoras (made with gram flour)		Grilled tofu fingers served with curry sauce (6)	
Diced potatoes (12)		Sautéed broccoli and paprika		Pasta salad (1,3,4,6,10)		Sautéed Brussels sprouts		Spring rolls (1,2,3,4,5,6,78,9,10,14)	
Sautéed courgette ribbons		Asparagus and mayo (3,6)		Sautéed mushrooms		Cous Cous (1,6,10)		Baby carrots	
Mixed salad with boiled egg (3)		House salad		Mixed salad		Chef's salad		Oriental-style salad (10)	
Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Homemade dessert (1,3,6,7,10)	
14		15		16		17		18 - COSTA RICAN FRIDAY	
Wholegrain spaghetti with tomato sauce (1,3,6,10)		Organic chickpea soup		Cauliflower Orly (1,2,3,4,6,7,8,9,10,14)		Potatoes stew (with vegetables) (12)		Costa Rican Gallo Pinto style rice (rice, beans, pepper, tomato, onion, coriander)	
French omelette with cheese (3,7)		Vegetarian wok (with soya protein) (6)		Oven-baked soya and quinoa veggie burger with onion (1,6,8)		Tofu & roast vegetable fajitas (green pepper, red pepper, onion) (1,6)		Vegan quesadilla with caramelised onion (1,6)	
Fried green peppers		Quinoa with vegetables (zucchini, tomato, aubergine)		Diced potato (12)		Roasted aubergine slice with cheese, tomato and orengao (7)		Sautéed peppers	
Hummus & crudités		Roast sweet potato		Sautéed courgette and pumpkin		Pasta salad (1,3,4,6,7,10)		"Guacamole"	
Salad with sweet and sour dressing (6,12)		Mediterranean salad (3,4)		Chef's salad		Green salad		Hose salad (3,4)	
Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Homemade dessert (1,3,6,7,10)	
21		22		23		24		25 - INDIAN FRIDAY	
Spaghetti aglio e olio (1,3,6,10)		Wholegrain rice with homemade tomato sauce		Peas and potatoes		Organic white bean stew with vegetables		Raita salad (cucumber, tomato, olives)	
Oven-baked Mediterranean Heura strips (plant-based) (1,6)		Stuffed courgette with soya and vegetables (1,6)		Oven-baked homemade vegetable ratatouille pie (1,3,5,6,7,8,10,11)		Spanish omelette (3)		Tofu curry (1,6,10,12)	
Boulangère potatoes (12)		Grilled vegetables		Potato and vegetables salad with mayo (3,4,6)		Cus-cus (1,6,10)		Steamed rice	
Roasted pumpkin		Diced potatoes (12)		Herby courgette		"Gazpacho" (cold tomato soup) (1)		Baby carrots	
Salad with hard-boiled egg (3)		Chef's salad		Green salad		Mixed salad		Salad with honey and mustard dressing (10)	
Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit		Homemade dessert (1,3,6,7,10)	
28		29		30					
Wholegrain macaroni Cacio e Pepe (1,3,6,7,10)		Organic lentil stew with vegetables		Rice with tomato sauce					
Cheese omelette (3,7)		Stuffed courgette with seitan and vegetables (1,6)		Vegetable and soy bolognese served over eggplant Bed (6)					
Fries		Roasted sweet potato		Grilled vegetables					
Mushrooms		"Escalivada" (roasted vegetables)		Diced potato (12)					
House salad		Mixed salad		House salad (no animal protein)					
Fresh seasonal fruit		Fresh seasonal fruit		Fresh seasonal fruit					
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