



Secondary menu - October 2026

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	Altramucos	Moluscos

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									
5										6										7										8										9 - BRITISH FRIDAY									
Wholemeal pasta with pirate sauce (1,3,6,7,10)										Organic lentils soup (12)										*Paella* (vegetables and chicken)										Sautéed green beans										Sautéed peas with crispy bacon									
Vegetable meatballs in mushroom sauce (6)										Cod in Biscay-style sauce (2,4,14)										Spanish omelette (3)										Carcamusa (pork) with vegetables										Fish & Chips (1,4,6,10,12)									
Beef meatballs with mushrooms (6,10,11,12)										Grilled fresh pork loin with mustard sauce Vegan "chicken" strips (1,6)										Tofu wok with tricolour vegetables and chilli sauce (1,6)										Homemade white bean burger in homemade vegetable sauce										*Vegan Bite & Chips* (1,6,10,12)									
Stir-fried vegetable medley										Sautéed diced courgette										Hummus										Asparagus with mayonnaise (3,6)										Roasted sweet potato									
Diced potatoes (12)										Couscous (1,6,10)										Grilled vegetables										White rice										Baby carrots									
Salad with red berry vinaigrette (12)										Pipirana salad										Mixed salad with tuna (3,4)										House salad (3,4)										Chef's salad									
Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Homemade dessert (1,3,6,7,10)									
kcal	626,7	Lip	13,6	Prot	34,2	HdC	92			kcal	620,2	Lip	13,6	Prot	34,2	HdC	90			kcal	674,3	Lip	21,5	Prot	23,9	HdC	96			kcal	655,3	Lip	29,6	Prot	30,5	HdC	67			kcal	617,5	Lip	16,6	Prot	40,8	HdC	76		
12										13										14										15 - SUSTAINABLE DAY										16 - GREEK FRIDAY									
OFFICIAL HOLIDAYS										Organic lentil stew with "chorizo" (12)										Creamy pumpkin and carrot soup (12)										Pilaf-style rice with vegetables										Fasolada (organic white bean and vegetable stew)									
										Baked salmon with tarragon (4)										Roast chicken with bay leaves										Vegan sausages with onions (1,3,6,7,8,10)										Chicken gyros with wheat tortilla (1)									
										Falafel with yoghurt sauce (1,6,7,10)										Vegan (plant-based) burger (1,6,10)										Spanish omelette (3)										Legume and vegetable gyros with wheat tortilla (1)									
										Ham croquettes (1,2,3,4,6,7,10,14)																				Sautéed vegetables										Beetroot hummus									
										Grilled vegetables										Couscous (1,6,10)										Sautéed vegetables										Roasted aubergine slices									
Sautéed mushrooms										White asparagus										Quinoa with vegetables																													
Chef's salad										Salad with boiled egg (3)										Mediterranean salad (3,4)										Greek salad (7)																			
Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Homemade dessert (1,3,6,7,10)									
kcal		Lip		Prot		HdC				kcal	718,3	Lip	26,9	Prot	39,2	HdC	80			kcal	693,5	Lip	33,2	Prot	22,8	HdC	76			kcal	633,2	Lip	17,4	Prot	13,0	HdC	106			kcal	685,7	Lip	19,0	Prot	32,9	HdC	96		
19										20										21										22										23 - INDIAN FRIDAY									
Rioja-style Potatoes (12)										Vegetarian chilli (organic black beans, organic lentils, sweetcorn, onion, pepper, garlic, cumin, paprika)										Rice with tomato sauce										Vegetable medley with paprika										Raita salad (cucumber, tomato, onion and olives)									
Hake fillet with tomato (4)										Homemade baked pisto empanada (1,3,5,6,7,8,10,11)										Sautéed turkey with garlic and parsley										Grilled lean pork										Chicken curry (7)									
Vegetable pakoras (made with chickpea flour)										Homemade baked tuna empanada (1,3,5,6,7,8,10,11)										Vegetable fingers										Tomato stuffed with vegetable bolognese (textured soya protein) (1,6,10)										Tofu curry (1,6,7,10,12)									
Hamburger (10,11,12)																																																	
Sautéed broccoli with garlic										Couscous (1,6,10)										Baked sweet potato (12)										Diced potatoes										White rice									
Garlic bread (1,6,7,10)										Asparagus with mayonnaise (3,6)										Grilled vegetable										Sautéed mushrooms										Baby carrots									
Salad with sweet and sour dressing (6,12)										Mixed salad										Green salad										Chef's salad										Apple salad with pink sauce (3,6)									
Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Homemade dessert (1,3,6,7,10)									
kcal	672,3	Lip	26,4	Prot	50,5	HdC	58			kcal	680,7	Lip	20,3	Prot	24,7	HdC	100			kcal	677,6	Lip	15,6	Prot	29,9	HdC	105			kcal	674,9	Lip	25,1	Prot	34,1	HdC	78			kcal	639,0	Lip	24,2	Prot	26,1	HdC	79		
26										27										28										29										30 - ITALIAN FRIDAY									
Organic lentils soup with vegetables (12)										Sautéed broccoli with garlic										Vegetable paella										Home-made "Cocido" soup (1,3,6,10)										Capresse salad (7)									
Stuffed courgette (textured soya protein) (6)										Chicken chillindrón style										Grilled salmon with garlic and parsley (4)										Assorted "cocido" (chickpeas, potato, carrot, chicken, beef, "chorizo")										Homemade meat lasagne (1,3,6,7,10)									
Battered cuttlefish with lemon (1,2,3,4,6,7,14)										Vegetable protein burritos with roasted vegetable medley (1,6)										Tofu and vegetable stir-fry (1,6) Cheese omelette (3,7)										Vegan accompaniment										Homemade vegetable protein and vegetable lasagne (1,3,6,10)									
Peas										Grilled vegetables										Sautéed mushrooms										Sautéed cabbage										Garlic bread (1,3,6,10)									
Diced potatoes (12)										Mashed potato (7,12)										Baked tomato with oregano										Sautéed vegetables										Sautéed aubergine									
Salad with sweet and sour dressing (6,12)										Mixed salad										Salad										House salad (3,4)										Green salad with olives									
Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Seasonal fresh fruit										Homemade dessert (1,3,6,7,10)									
kcal	665,0	Lip	16,5	Prot	40,7	HdC	88			kcal	652,9	Lip	25,2	Prot	42,5	HdC	64			kcal	740,2	Lip	28,8	Prot	37,8	HdC	82			kcal	655,9	Lip	21,9	Prot	22,1	HdC	93			kcal	669,5	Lip	25,7	Prot	25,9	HdC	84		



Secondary menu - Gluten free - October 2026

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	Altramucos	Moluscos

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	
5				6				7				1		2 - French FRIDAY	
Wholemeal pasta with pirate sauce (1,3,6,7,10)				Organic lentils soup (12)				"Paella" (vegetables and chicken)				Chickpea stew with vegetables		Leek soup (7,12)	
Beef meatballs with mushrooms (6,10,11,12)				Cod in Biscay-style sauce (2,4,14)				Spanish omelette (3)				Vegetable fajitas (gluten free) with soya bolognese		Zucchini and onion omelette (3)	
Stir-fried vegetable medley Diced potatoes (12) Salad with red berry vinaigrette (12)				Steamed rice Pipirana salad				Hummus Grilled vegetables Mixed salad with tuna (3,4)				Vegetable medley Quinoa with vegetables Mediterranean salad (3,4)		Potato tartiflette (7) Sautéed broccoli Niçoise salad (7)	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
12				13				14				8		9 - BRITISH FRIDAY	
OFFICIAL HOLIDAYS				Organic lentil stew with "chorizo" (12)				Creamy pumpkin and carrot soup (12)				Sautéed green beans		Sautéed peas with crispy bacon	
				Baked salmon with tarragon (4)				Roast chicken with bay leaves				Carcamusa (pork) with vegetables		Fish & Chips (1,4,6,10,12)	
				Grilled vegetables Sautéed mushrooms Chef's salad				Steamed rice White asparagus Salad with boiled egg (3)				Asparagus with mayonnaise (3,6) White rice House salad (3,4)		Roasted sweet potato Baby carrots Chef's salad	
				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
19				20				21				15 - SUSTAINABLE DAY		16 - Greek Friday	
Rioja-style Potatoes (12)				Vegetarian chilli (organic black beans, organic lentils, sweetcorn, onion, pepper, garlic, cumin, paprika)				Rice with tomato				Pilaf-style rice with vegetables		Fasolada (organic white bean and vegetable stew)	
Hake fillet with tomato (4)				Mushrooms omelette (3)				Sautéed turkey pieces with garlic and parsley				Spanish omelette (3)		Chicken gyros with wheat tortilla (gluten free)	
Sautéed broccoli with garlic Garlic bread (1,6,7,10) Salad with sweet and sour dressing (6,12)				Steamed rice Asparagus with mayonnaise (3,6) Mixed salad				Baked sweet potato (12) Grilled vegetable Green salad				Sautéed vegetables Quinoa with vegetables Mediterranean salad (3,4)		Beetroot hummus Roasted aubergine slices Greek salad (7)	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
26				27				28				29		30 - Italian FRIDAY	
Organic lentils soup with vegetables (12)				Sautéed broccoli with garlic				Vegetable paella				Home-made "Cocido" soup (1,3,6,10)		Caprese salad (7)	
Stuffed courgette (textured soya protein) (6)				Chicken chillindrón				Grilled salmon with garlic and parsley (4)				Assorted "cocido" (chickpeas, potato, carrot, chicken, beef, "chorizo")		Homemade meat lasagne (gluten free pasta; no bechamel)	
Peas Diced potatoes (12) Salad with sweet and sour dressing (6,12)				Grilled vegetables Mashed potato (7,12) Mixed salad				Sautéed mushrooms Baked tomato with oregano Salad				Sautéed cabbage Sautéed vegetables House salad (3,4)		Garlic bread (1,3,6,10) Sautéed aubergine Green salad with olives	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	



Secondary menu - No pork - October 2026

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

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			
5				6				7				8				9 - BRITISH FRIDAY			
Wholemeal pasta with pirate sauce (1,3,6,7,10)				Organic lentils soup (12)				"Paella" (vegetables and chicken)				Sautéed green beans				Sautéed peas (no bacon)			
Beef meatballs with mushrooms (6,10,11,12)				Cod in Biscay-style sauce (2,4,14)				Spanish omelette (3)				Homemade white bean burger in homemade vegetable sauce				Fish & Chips (1,4,6,10,12)			
Stir-fried vegetable medley				Sautéed diced courgette				Hummus				Asparagus with mayonnaise (3,6)				Roasted sweet potato			
Diced potatoes (12)				Couscous (1,6,10)				Grilled vegetables				White rice				Baby carrots			
Salad with red berry vinaigrette (12)				Pipirana salad				Mixed salad with tuna (3,4)				House salad (3,4)				Chef's salad			
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
12				13				14				15 - SUSTAINABLE DAY				16 - Greek Friday			
OFFICIAL HOLIDAYS				Organic lentil stew with vegetables (12)				Creamy pumpkin and carrot soup (12)				Pilaf-style rice with vegetables				Fasolada (organic white bean and vegetable stew)			
				Baked salmon with tarragon (4)				Roast chicken with bay leaves				Spanish omelette (3)				Chicken gyros with wheat tortilla (1)			
				Grilled vegetables				Couscous (1,6,10)				Sautéed vegetables				Beetroot hummus			
				Sautéed mushrooms				White asparagus				Quinoa with vegetables				Roasted aubergine slices			
				Chef's salad				Salad with boiled egg (3)				Mediterranean salad (3,4)				Greek salad (7)			
				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
19				20				21				22				23 Indian Friday			
Potato stew and vegetables (12)				Vegetarian chilli (organic black beans, organic lentils, sweetcorn, onion, pepper, garlic, cumin, paprika)				Rice with tomato				Vegetable medley with paprika				Raita salad (cucumber, tomato, onion and olives)			
Hake fillet with tomato (4)				Homemade baked pisto empanada (1,3,5,6,7,8,10,11)				Sautéed turkey pieces with garlic and parsley				Tomato stuffed with vegetable bolognese (textured soya protein) (1,6,10)				Chicken curry (7)			
Sautéed broccoli with garlic				Couscous (1,6,10)				Baked sweet potato (12)				Diced potatoes				White rice			
Garlic bread (1,6,7,10)				Asparagus with mayonnaise (3,6)				Grilled vegetable				Sautéed mushrooms				Baby carrots			
Salad with sweet and sour dressing (6,12)				Mixed salad				Green salad				Chef's salad				Apple salad with pink sauce (3,6)			
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
26				27				28				29				30 - Italian Friday			
Organic lentils soup with vegetables (12)				Sautéed broccoli with garlic				Vegetable paella				Home-made vegetables soup (1,3,6,10)				Caprese salad (7)			
Stuffed courgette (textured soya protein) (6)				Chicken chillindrón				Grilled salmon with garlic and parsley (4)				Vegan accompaniment				Homemade meat lasagne (1,3,6,7,10)			
Peas				Grilled vegetables				Sautéed mushrooms				Sautéed cabbage				Garlic bread (1,3,6,10)			
Diced potatoes (12)				Mashed potato (7,12)				Baked tomato with oregano				Sautéed vegetables				Sautéed aubergine			
Salad with sweet and sour dressing (6,12)				Mixed salad				Salad				House salad (3,4)				Green salad with olives			
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			

Secondary menu - Vegetarian - October 2026

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

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	
5				6				7				1		2 - French FRIDAY	
Wholemeal pasta with pirate sauce (1,3,6,7,10)				Organic lentils soup (12)				Vegetable "paella"				Chickpea stew with vegetables		Leek soup (7,12)	
Vegetable meatballs in mushroom sauce (6)				Vegan "chicken" strips (1,6)				Spanish omelette (3)				Vegetable fajitas with soya bolognese (1,6,10)		Vegetarian quiche (1,3,5,6,7,8,10,11)	
Stir-fried vegetable medley				Sautéed diced courgette				Hummus				Vegetable medley		Potato tartiflette (7)	
Diced potatoes (12)				Couscous (1,6,10)				Grilled vegetables				Quinoa with vegetables		Sautéed broccoli	
Salad with red berry vinaigrette (12)				Pipirana salad				Mixed salad (no tuna)				Mediterranean salad (no animal protein)		Niçoise salad (7)	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
12				13				14				8		9 - BRITISH FRIDAY	
OFFICIAL HOLIDAYS				Organic lentil stew with vegetables (12)				Creamy pumpkin and carrot soup (12)				Sautéed green beans		Sautéed peas (no bacon)	
				Falafel with yoghurt sauce (1,6,7,10)				Vegan (plant-based) burger (1,6,10)				Homemade white bean burger in homemade vegetable sauce		"Vegan Bite & Chips" (1,6,10,12)	
				Grilled vegetables				Couscous (1,6,10)				Asparagus with mayonnaise (3,6)		Roasted sweet potato	
				Sautéed mushrooms				White asparagus				White rice		Baby carrots	
				Chef's salad				Salad with boiled egg (3)				House salad (no animal protein)		Chef's salad	
				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
19				20				21				15 - SUSTAINABLE DAY		16 - Greek Friday	
Potato stew and vegetables (12)				Vegetarian chilli (organic black beans, organic lentils, sweetcorn, onion, pepper, garlic, cumin, paprika)				Rice with tomato				Pilaf-style rice with vegetables		Fasolada (organic white bean and vegetable stew)	
Vegetable pakoras (made with chickpea flour)				Homemade baked pisto empanada (1,3,5,6,7,8,10,11)				Tricolour vegetable fingers				Spanish omelette (3)		Legume and vegetable gyros with wheat tortilla (1)	
Sautéed broccoli with garlic				Couscous (1,6,10)				Baked sweet potato (12)				Sautéed vegetables		Beetroot hummus	
Garlic bread (1,6,7,10)				Asparagus with mayonnaise (3,6)				Grilled vegetable				Quinoa with vegetables		Roasted aubergine slices	
Salad with sweet and sour dressing (6,12)				Mixed salad				Green salad				Mediterranean salad (3, no tuna)		Greek salad (7)	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
26				27				28				22		23 Indian Friday	
Organic lentils soup with vegetables (12)				Sautéed broccoli with garlic				Vegetable paella				Vegetable medley with paprika		Raita salad (cucumber, tomato, onion and olives)	
Stuffed courgette (textured soya protein) (6)				Vegetable protein burritos with roasted vegetable medley (1,6)				Cheese omelette (3,7)				Tomato stuffed with vegetable bolognese (textured soya protein) (1,6,10)		Tofu curry (1,6,7,10,12)	
Peas				Grilled vegetables				Sautéed mushrooms				Diced potatoes		White rice	
Diced potatoes (12)				Mashed potato (7,12)				Baked tomato with oregano				Sautéed mushrooms		Baby carrots	
Salad with sweet and sour dressing (6,12)				Mixed salad				Salad				Chef's salad		Apple salad with pink sauce (3,6)	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	
26				27				28				29		30 - Italian FRIDAY	
Organic lentils soup with vegetables (12)				Sautéed broccoli with garlic				Vegetable paella				Home-made vegetables soup (1,3,6,10)		Caprese salad (7)	
Stuffed courgette (textured soya protein) (6)				Vegetable protein burritos with roasted vegetable medley (1,6)				Cheese omelette (3,7)				Vegan accompaniment		Homemade vegetable protein and vegetable lasagne (1,3,6,10)	
Peas				Grilled vegetables				Sautéed mushrooms				Sautéed cabbage		Garlic bread (1,3,6,10)	
Diced potatoes (12)				Mashed potato (7,12)				Baked tomato with oregano				Sautéed vegetables		Sautéed aubergine	
Salad with sweet and sour dressing (6,12)				Mixed salad				Salad				House salad (3,4)		Green salad with olives	
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit		Homemade dessert (1,3,6,7,10)	



Secondary menu - Low calories - October 2026

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

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			
5				6				7				8				9 - BRITISH FRIDAY			
Wholemeal pasta aggio e olio (1,3,6,10)				Organic lentils soup (12)				Vegetable "paella"				Sautéed green beans				Sautéed peas (no bacon)			
Chicken fillet and mushrooms				Cod in Biscay-style sauce (2,4,14)				French omelette (3)				Sautéed pork with vegetables				Grilled fish and roasted sweet potato (4)			
Stir-fried vegetable medley				Sautéed diced courgette				Hummus				Asparagus with mayonnaise (3,6)				Roasted sweet potato			
Diced potatoes (12)				Couscous (1,6,10)				Grilled vegetables				White rice				Baby carrots			
Salad with red berry vinaigrette (12)				Pipirana salad				Mixed salad with tuna (3,4)				House salad (3,4)				Chef's salad			
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
12				13				14				15 - SUSTAINABLE DAY				16 - Greek Friday			
OFFICIAL HOLIDAYS				Organic lentil stew with vegetables (12)				Creamy pumpkin and carrot soup (12)				Pilaf-style rice with vegetables				Fasolada (organic white bean and vegetable stew)			
				Baked salmon with tarragon (4)				Roast chicken with bay leaves				French omelette (3)				Roasted chicken			
				Grilled vegetables				Couscous (1,6,10)				Sautéed vegetables				Beetroot hummus			
				Sautéed mushrooms				White asparagus				Quinoa with vegetables				Roasted aubergine slices			
				Chef's salad				Salad with boiled egg (3)				Mediterranean salad (3,4)				Greek salad (7)			
				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
19				20				21				22				23 Indian Friday			
Sautéed broccoli with garlic				Vegetarian chilli (organic black beans, organic lentils, sweetcorn, onion, pepper, garlic, cumin, paprika)				Grilled vegetables				Vegetable medley with paprika				Raita salad (cucumber, tomato, onion and olives)			
Grilled hake fillet (4)				Mushrooms omelette (3)				Sautéed turkey pieces with garlic and parsley				Grilled lean pork				Roasted chicken with a fine touch of curry			
Sautéed broccoli with garlic				Couscous (1,6,10)				Baked sweet potato (12)				Diced potatoes				White rice			
Garlic bread (1,6,7,10)				Asparagus with mayonnaise (3,6)				Grilled vegetable				Sautéed mushrooms				Baby carrots			
Salad with sweet and sour dressing (6,12)				Mixed salad				Green salad				Chef's salad				Apple salad with pink sauce (3,6)			
Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			
26				27				28				29				30 - Italian FRIDAY			
Peas				Sautéed broccoli with garlic				Vegetable paella				Home-made vegetables soup (1,3,6,10)				Caprese salad (7)			
Stuffed courgette (textured soya protein) (6)				Grilled chicken				Grilled salmon with garlic and parsley (4)				Vegan accompaniment				Homemade meat lasagne (1,3,6,7,10), No bechamel sauce.			
Diced potatoes (12)				Grilled vegetables				Sautéed mushrooms				Sautéed cabbage				Garlic bread (1,3,6,10)			
Salad with sweet and sour dressing (6,12)				Mashed potato (7,12)				Baked tomato with oregano				Sautéed vegetables				Sautéed aubergine			
Seasonal fresh fruit				Mixed salad				Salad				House salad (3,4)				Green salad with olives			
				Seasonal fresh fruit				Seasonal fresh fruit				Seasonal fresh fruit				Homemade dessert (1,3,6,7,10)			