MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
OFFICIAL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9	10	11	12	13 - ITALIAN FRIDAY
OFFICIAL HOLIDAYS	**Organic lentils** soup and vegetables (12)	Wholegrain rice with tomato	Homemade "cocido" soup (1,3,6,10)	Caprese salad (7)
	Spanish potato omelette (3)	Falafel with yoghurt sauce (1,9,10)	Assortment "cocido"	Homemade Italian lasagne (bolognese with béchamel) (1,3,6,7,10)
	Diced tofu & "chimichurri" (6)	Homemade Andalusian-style hake fillet (1,4,6,10)	Vegetarian "cocido"	Homemade vegetable lasagne (pea or textured soya protein) (1,6,10)
	Cauliflower and paprika	*Oven-baked diced potatoes (12)*	*Sautéed seasonal vegetables*	*Garlic bread (1,6,7,10,11)*
	Hummus with raw vegetables	*Oregano roasted tomatoes*	*Asparagus with mayonnaise*	*Sicilian caponata (aubergine, celery, onion, tomato, pitted green olives) (9)*
	Mediterrean salad (3,4)	*Mixed salad*	*Mixed salad with tuna (3,4)*	*Green salad with olives*
	Seasonal fruit	Seasonal fruit	Seasonal fruit	Home made dessert (1,3,6,7,10)
	kcal 720,4 Lip 23,2 Prot 27,3 HdC 101	kcal 698,6 Lip 27,0 Prot 36,2 HdC 78	kcal 760,9 Lip 22,9 Prot 49,7 HdC 89	kcal 765,8 Lip 26,5 Prot 48,1 HdC 84
16	17	18	19	20 - ASIAN FRIDAY
Wholewheat spaghetti carbonara (1,3,6,7,10)	**Organic beans** soup and vegetables	Creamy of vegetable soup (12)	Sautéed green beans	Spring rolls with homemade sweet and sour sauce (1,2,3,4,6,7,8,9,10,14)
Beef meatballs in vegetable sauce (10,11,12)	Pork skewer	Roasted chicken and lemon	Cheese omelette (3,7)	Kung Pao chicken with vegetables and soy sauce (no nuts) (6)
Vegan meatballs in vegetable sauce (6)	Andalusian-style calamari (1,2,3,4,6,10,14)	Vegetarian wrap with aubergine, pepper and potato (1,6,7,10)	Stuffed courgette with vegetables and vegan "chicken" strips (plant based) (1,6,12)	Kung Pao-style seitan with vegetables (no nuts)
Herby potatoes (12)	Vegan sausages with onions (1,6,10)	*Couscous (1,6,10)*	*Garlic mushrooms*	*Chinese salad with sweet and sour sauce (6,12)*
Roasted pumpkin	*Diced potatoes*	*Vegetable panaché*	*Hummus with crudités*	*Tempura vegetables (1)*
House salad with tuna (4)	*Ratatouille*	*House salad*	*Pasta salad (1,3,4,6,10)*	*White rice*
Seasonal fruit	*Mixed salad*	Seasonal fruit	Seasonal fruit	Home made dessert (1,3,6,7,10)
kcal 725,3 Lip 27,8 Prot 27,2 HdC 92	Seasonal fruit	kcal 743,7 Lip 19,7 Prot 43,8 HdC 98	kcal 655,9 Lip 21,9 Prot 22,1 HdC 93	kcal 721,3 Lip 23,4 Prot 48,6 HdC 79
	kcal 697,0 Lip 31,2 Prot 19,9 HdC 84			
23	24	25	26 Thanksgiving!	27 - AMERICAN FRIDAY
Organic lentils soup and vegetables (12)	Wholegrain "Three Delights" rice (omelette, sweetcorn, carrot) (3)	Chickpea and spinach stew	Sautéed peas with crispy bacon	Caesar salad with chicken (1,3,4,6,7,10)
Cod in tomato sauce (2,4,14)	Roast chicken with bay leaves	Homemade pisto and plant-protein pie (1,3,5,6,7,8,10,11)	Turkey stew (fresh meat) in mushroom sauce	Burger (with bacon, lettuce, onion and cheese) (1,3,6,7,10,11,12)
Spanish potato omelette (3)	Homemade vegetable pakoras	Fresh pork loin	Seitan in mushroom sauce (6,12)	Vegan burger (1,6,12)
Green peppers	*Roasted potato*	*Garlic bread (1,6,7,10,11)*	*Roasted potato and sweet potato (12)*	*Oven-baked potato wedges (12)*
Couscous (1,6,10)	*Sautéed broccoli*	*Sautéed vegetables*	*Brussels sprouts*	*Onion rings with ranch sauce (1,2,3,4,6,8,9,10)*
Four-seasons salad with honey and mustard vinaigrette (10)	*Mixed salad with egg (3)*	*Mixed salad with tuna (4)*	*Salad with red berry vinaigrette*	*Coleslaw (3,6)*
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Home made dessert (1,3,6,7,10)
kcal 710,5 Lip 25,1 Prot 38,4 HdC 83	kcal 733,7 Lip 29,5 Prot 42,2 HdC 75	kcal 796,6 Lip 31,2 Prot 25,0 HdC 104	kcal 715,8 Lip 29,9 Prot 39,0 HdC 73	kcal 716,3 Lip 30,3 Prot 43,0 HdC 68
30				
Homemade "picadillo" soup with pasta (1,3,6,10)				
Baked salmon (4)				
Grilled chicken fillet				
White bean and onion burger				
Steamed potatoes (12)				
Asparagus with mayonnaise (3,6)				
Four-seasons salad with honey and mustard vinaigrette (10)				
Seasonal fruit				
kcal 710,5 Lip 25,1 Prot 38,4 HdC 83				

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.

Secondary menu - November 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

HASTINGS SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
OFFICIAL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9	10	11	12	13 - ITALIAN FRIDAY
OFFICIAL HOLIDAYS	Organic lentils soup and vegetables (12)	Wholegrain rice with tomato	"Cocido" soup (allergen-free noodles)	Caprese salad (7)
	Spanish potato omelette (3)	Homemade Andalusian-style hake fillet (allergen-free) (4)	Assortment "cocido"	Homemade Italian lasagne (gluten-free)
	Cauliflower and paprika *Hummus with crudités* *Mediterranean salad (3,4)*	*Oven-baked diced potatoes (12)* *Oregano roasted tomatoes* *Mixed salad*	*Sautéed seasonal vegetables* *Asparagus with mayonnaise* *Mixed salad with tuna (3,4)*	*Gluten-free garlic bread (7)* *Sicilian caponata (aubergine, celery, onion, tomato, pitted green olives) (9)* *Green salad with olives*
	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Allergen-free homemade dessert
16	17	18	19	20 - ASIAN FRIDAY
Allergen-free spaghetti carbonara (7)	Organic beans soup and vegetables	Cream of vegetable soup (12)	Sautéed green beans	Sautéed white rice with vegetables
Beef meatballs in vegetable sauce (10,11,12)	Pork skewer	Roasted chicken and lemon	Cheese omelette (3,7)	Kung Pao chicken with vegetables and soy sauce (no nuts) (6)
Herby potatoes (12) *Roasted pumpkin* *House salad with tuna (4)*	*Diced potatoes* *Ratatouille* *Mixed salad*	*Couscous (1,6,10)* *Vegetable panaché* *House salad*	*Garlic mushrooms* *Hummus with crudités* *Pasta salad (allergen-free)*	*Chinese salad with sweet and sour sauce (6,12)* *Grilled vegetables*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Allergen-free homemade dessert
23	24	25	26 Thanksgiving!	27 - AMERICAN FRIDAY
Organic lentils soup and vegetables (12)	Wholegrain "Three Delights" rice (omelette, sweetcorn, carrot) (3)	Chickpea and spinach stew	Sautéed peas with crispy bacon	Caesar salad with chicken (1,3,4,6,7,10)
Cod in tomato sauce (2,4,14)	Chicken (*) "pepitoria" (leek, onion, garlic, chopped egg and gluten-free fried bread) (3,6,10,11,13)	Fresh pork loin	26 Thanksgivings!	Burger with gluten-free bread (with bacon, lettuce, onion and cheese) (6,7,10,11,13)
Green peppers *Couscous (1,6,10)* *Four-seasons salad with honey and mustard vinaigrette (10)*	*Diced potatoes* *Sautéed broccoli* *Mixed salad with tuna (4)*	*Gluten-free garlic bread (7)* *Sautéed vegetables* *Mixed salad with egg (3)*	*Roasted potato and sweet potato (12)* *Brussels sprouts* *Salad with red berry vinaigrette*	*Oven-baked potato wedges (12)* *Caramelised onion* *Coleslaw (3,6)*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Allergen-free homemade dessert
30				
Homemade "picadillo" soup with allergen-free pasta				
Baked salmon (4)				
Steamed potatoes (12) *White asparagus with mayonnaise (3,6)* *Four-seasons salad with honey and mustard vinaigrette (10)*				
Fresh seasonal fruit				

Menu created by the Nutrition Department and reviewed by Operations Hastings School.

Secondary menu gluten-free
November 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

HASTINGS SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
OFFICIAL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9	10	11	12	13 - ITALIAN FRIDAY
OFFICIAL HOLIDAYS	**Organic lentils** soup and vegetables (12)	Wholegrain rice with tomato	Homemade vegetable soup (1,3,6,10)	Caprese salad (7)
	Spanish potato omelette (3)	Falafel with yoghurt sauce (1,9,10)	Vegan "cocido"	Homemade vegetable lasagne (pea or textured soya protein) (1,6,10)
	Cauliflower and paprika *Hummus with crudités* *Mediterranean salad (3,4)*	*Oven-baked diced potatoes (12)* *Oregano roasted tomatoes* *Mixed salad*	*Sautéed seasonal vegetables* *Asparagus with mayonnaise* *Mixed salad with tuna (3,4)*	*Garlic bread (1,6,7,10,11)* *Sicilian caponata (aubergine, celery, onion, tomato, pitted green olives) (9)* *Green salad with olives*
	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - ASIAN FRIDAY
Wholewheat spaghetti Pomodoro (1,3,6,10)	**Organic beans** soup and vegetables	Cream of vegetable soup (12)	Sautéed green beans	Spring rolls with homemade sweet and sour sauce (1,2,3,4,6,7,8,9,10,14)
Vegan meatballs in vegetable sauce (6)	Andalusian-style calamari (1,2,3,4,6,10,14)	Roasted chicken (*) and lemon	Cheese omelette (3,7)	Kung Pao chicken (*) with vegetables and soy sauce (no nuts) (6)
Herby potatoes (12) *Roasted pumpkin* *House salad with tuna (4)*	*Diced potatoes* *Ratatouille* *Mixed salad*	*Couscous (1,6,10)* *Vegetable panaché* *House salad*	*Garlic mushrooms* *Hummus with crudités* *Pasta salad (1,3,4,6,10)*	*Chinese salad with sweet and sour sauce (6,12)* *Grilled vegetables* *White rice*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
23	24	25	26 Thanksgiving!	27 - AMERICAN FRIDAY
Organic lentils soup and vegetables (12)	Wholegrain "Three Delights" rice (omelette, sweetcorn, carrot) (3)	Chickpea and spinach stew	Sautéed peas (no bacon)	Caesar salad with chicken (*) (1,3,4,6,7,10)
Cod in tomato sauce (2,4,14)	Chicken (*) "pepitoria" (leek, onion, garlic, chopped egg and fried bread) (1,3,6,10)	Homemade pisto and plant-protein pie (1,3,5,6,7,8,10,11)	26 Thanksgivings!	Vegan burger (1,6,12)
Green peppers *Couscous (1,6,10)* *Four-seasons salad with honey and mustard vinaigrette (10)*	*Diced potatoes* *Sautéed broccoli* *Mixed salad with tuna (4)*	*Garlic bread (1,6,7,10,11)* *Sautéed vegetables* *Mixed salad with egg (3)*	*Roasted potato and sweet potato (12)* *Brussels sprouts* *Salad with red berry vinaigrette*	*Oven-baked potato wedges (12)* *Onion rings with ranch sauce (1,2,3,4,6,8,9,10)* *Coleslaw (3,6)*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
30				
Homemade vegetable soup with star-shaped pasta (1,3,6,10)				
Baked salmon (4)				
Steamed potatoes (12) *White asparagus with mayonnaise (3,6)* *Four-seasons salad with honey and mustard vinaigrette (10)*				
Fresh seasonal fruit				

(*) Halal certificated.

Secondary menu Halal
November 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

HASTINGS SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
OFFICIAL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9	10	11	12	13 - ITALIAN FRIDAY
OFFICIAL HOLIDAYS	**Organic lentils** soup and vegetables (12)	Rice with vegetables	"Cocido" soup (1,3,6,10). Fat removed	Caprese salad (7)
	Plain omelette (3)	Grilled hake fillet (4)	Vegan "cocido"	Homemade Italian lasagne (no béchamel) (1,3,6,10)
	Cauliflower and paprika *Hummus with crudités* *Mediterranean salad (3,4)*	*Oven-baked diced potatoes (12)* *Oregano roasted tomatoes* *Mixed salad*	*Sautéed seasonal vegetables* *Asparagus* *Mixed salad with tuna (3,4)*	*Sicilian caponata (aubergine, celery, onion, tomato, pitted green olives) (9)* *Green salad with olives*
	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - ASIAN FRIDAY
Wholewheat spaghetti carbonara (1,3,6,7,10)	**Organic beans** soup and vegetables	Cream of vegetable soup (12)	Sautéed green beans	Grilled vegetables
Baked fish fillet (salmon) (4)	Pork skewer	Roasted chicken and lemon (remove skin before eating)	Cheese omelette (3,7)	Grilled chicken with vegetables and soy sauce (no nuts) (6)
Herby potatoes (12) *Roasted pumpkin* *House salad with tuna (4)*	*Diced potatoes* *Ratatouille* *Mixed salad*	*Couscous (1,6,10)* *Vegetable panaché* *House salad*	*Garlic mushrooms* *Hummus with crudités* *Pasta salad (1,3,4,6,10)*	*Chinese salad with sweet and sour sauce (6,12)* *Grilled vegetables* *White rice*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
23	24	25	26 Thanksgiving!	27 - AMERICAN FRIDAY
Organic lentils soup and vegetables (12)	Wholegrain "Three Delights" rice (omelette, sweetcorn, carrot) (3)	Chickpea and spinach stew	Sautéed peas (no bacon)	Caesar salad with chicken (no dressing) (1,3,4,6,7,10)
Baked cod (2,4,14)	Grilled chicken	Grilled fresh pork loin	26 Thanksgivings!	Grilled burger with vegetables (10,11,12)
Green peppers *Couscous (1,6,10)* *Four-seasons salad with honey and mustard vinaigrette (10)*	*Diced potatoes* *Sautéed broccoli* *Mixed salad with tuna (4)*	*Sautéed vegetables* *Mixed salad with egg (3)*	*Roasted potato and sweet potato (12)* *Brussels sprouts* *Salad with red berry vinaigrette*	*Oven-baked potato wedges (12)* *Coleslaw (3,6)*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
30				
Homemade "picadillo" soup with star-shaped pasta (1,3,6,10)				
Baked salmon (4)				
Steamed potatoes (12) *White asparagus* *Four-seasons salad with honey and mustard vinaigrette (10)*				
Fresh seasonal fruit				

Menu created by the Nutrition Department and reviewed by Operations Hastings School.

Secondary menu low-calorie November 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

HASTINGS SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
OFFICIAL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9	10	11	12	13 - ITALIAN FRIDAY
OFFICIAL HOLIDAYS	**Organic lentils** soup and vegetables (12)	Wholegrain rice with tomato	Homemade vegetable soup (1,3,6,10)	Caprese salad (7)
	Spanish potato omelette (3)	Falafel with yoghurt sauce (1,9,10)	Vegan "cocido"	Homemade vegetable lasagne (pea or textured soya protein) (1,6,10)
	Cauliflower and paprika *Hummus with crudités* *Mediterranean salad (no animal protein)*	*Oven-baked diced potatoes (12)* *Oregano roasted tomatoes* *Mixed salad (no animal protein)*	*Sautéed seasonal vegetables* *Asparagus with mayonnaise* *Mixed salad (no animal protein)*	*Garlic bread (1,6,7,10,11)* *Sicilian caponata (aubergine, celery, onion, tomato, pitted green olives) (9)* *Green salad with olives*
	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - ASIAN FRIDAY
Wholewheat spaghetti Pomodoro (1,3,6,10)	**Organic beans** soup and vegetables	Cream of vegetable soup (12)	Sautéed green beans	Spring rolls with homemade sweet and sour sauce (1,2,3,4,6,7,8,9,10,14)
Vegan meatballs in vegetable sauce (6)	Vegan sausages with onions (1,6,10)	Vegan wrap with aubergine, pepper and potato (1,6,7,10)	Cheese omelette (3,7)	Kung Pao-style seitan with vegetables (no nuts)
Herby potatoes (12) *Roasted pumpkin* *House salad (no animal protein)*	*Diced potatoes* *Ratatouille* *Mixed salad (no animal protein)*	*Couscous (1,6,10)* *Vegetable panaché* *House salad (no animal protein)*	*Garlic mushrooms* *Hummus with crudités* *Pasta salad (1,3,6,10). No animal protein.*	*Chinese salad with sweet and sour sauce (6,12)* *Grilled vegetables* *White rice*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
23	24	25	26 Thanksgiving!	27 - AMERICAN FRIDAY
Organic lentils soup and vegetables (12)	Wholegrain "Three Delights" rice (omelette, sweetcorn, carrot) (3)	Chickpea and spinach stew	Sautéed peas (no bacon)	Coleslaw (3,6)
Spanish potato omelette (3)	Homemade vegetable pakoras	Homemade pisto and plant-protein pie (1,3,5,6,7,8,10,11)	26 Thanksgivings!	Vegan burger (1,6,12)
Green peppers *Couscous (1,6,10)* *Four-seasons salad with mustard (10)*	*Diced potatoes* *Sautéed broccoli* *Mixed salad (no animal protein)*	*Garlic bread (1,6,7,10,11)* *Sautéed vegetables* *Mixed salad (no egg or tuna)*	*Roasted potato and sweet potato (12)* *Brussels sprouts* *Salad with red berry vinaigrette*	*Oven-baked potato wedges (12)* *Onion rings with ranch sauce (1,2,3,4,6,8,9,10)*
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Homemade dessert (1,3,6,7,10)
30				
Homemade vegetable soup with star-shaped pasta (1,3,6,10)				
White bean and onion burger				
Steamed potatoes (12) *White asparagus with mayonnaise (3,6)* *Four-seasons salad with honey and mustard vinaigrette (10)*				
Fresh seasonal fruit				

Menu created by the Nutrition Department and reviewed by Operations Hastings School.

Secondary menu ovo-lacto vegetarian
November 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

HASTINGS SCHOOL