



THE INTERNATIONAL  
SCHOOL OF TRIESTE

## MENU K3-K4-K5

S.Y. 2025/2026

valid from 08/09 to 19/09/25

	1st WEEK (08-11 Sept.)	2nd WEEK (15-19 Sept.)
<b>Monday</b>	Pasta with tomato sauce & basil Frico Friulian style Green salad	Saffron risotto Vegetarian meatballs Green beans
<b>Tuesday</b>	Veggy baked pasta Pork stew Roast mixed vegetables	Pasta with tomato sauce, veggy milk cream & oregano Beef meatballs Mixed salad
<b>Wednesday</b>	Pasta with meat sauce Zucchini & provola cheese tart Mixed salad	Pasta with pesto sauce Chicken nuggets Mixed steamed vegetables
<b>Thursday</b>	Pasta with tomato sauce Turkey ham Steamed green beans	Pasta in melted butter & sage sauce Baked omelette with vegetables Steamed chard
<b>Friday</b>	Potato & carrot cream soup Pizza with tomato sauce & mozzarella cheese Steamed broccoli <b>Homemade dessert</b>	Pasta with tomato sauce & basil Chicken nuggets Potatoes <b>Homemade dessert</b>
<p>Every day it is possible to substitute the first course with pasta/rice plain or with tomato sauce Every day it is possible to substitute the second course with a cold dish</p> <p>Edited by the dietician of:</p> <p><b>Pedevilla S.p.A.</b></p>		

