



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU MIDDLE & HIGH SCHOOL

S.Y. 2025/2026

valid from 08/09 to 19/09/25

	1st WEEK (08-11 Sept.)	2nd WEEK (15-19 Sept.)
Monday	Pasta with tomato sauce & basil	Saffron risotto
	Rice salad	Spelt Mediterranean style
	Frico Friulian style	Vegetarian meatballs
	Green salad	Mixed salad
	Mixed salad	Salad & tomato
	Steamed chard	Green beans
Tuesday	Veggy baked pasta	Pasta with tomato sauce, veggy milk cream & oregano
	Zucchini cream soup	Pasta with garlic, oil & chili pepper
	Pork stew	Beef meatballs
	Green salad	Green salad
	Mixed salad	Mixed salad
	Roast mixed vegetables	Steamed chard
Wednesday	Pasta with meat sauce	Pasta with pesto sauce
	Cous cous with vegetables	Leek & potato cream soup with toasts
	Zucchini & provola cheese tart	Roast sausage
	Green salad	Green salad
	Mixed salad	Beans & salad
	Steamed mixed vegetables	Mixed steamed vegetables
Thursday	Pasta with tomato sauce & chili pepper	Ravioli in melted butter & sage sauce
	Vegetables cream soup	Barley with vegetables
	Turkey ham	Baked omelette with vegetables
	Green salad	Green salad
	Tomatoes	Mixed salad
	Steamed green beans	Steamed chard
Friday	Potato & carrot cream soup	Pasta with tomato sauce & basil
	Pizza with tomato sauce & mozzarella cheese	Cous cous with mixed vegetables
	Green salad	Chicken nuggets
	Mixed salad	Green salad / Mixed salad
	Steamed broccoli	Potatoes
	Homemade dessert	Homemade dessert
<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>Pedevilla S.p.A.</p>		

