



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU MIDDLE & HIGH SCHOOL - S.Y. 2025/2026

valid from 06/10 to 17/10/25

	1st WEEK (06 - 10 Oct.)	2nd WEEK (13 - 17 Oct.)
Monday	Pasta with tomato sauce & basil	Pasta with tomato sauce, veggy milk cream & oregano
	Seasonal vegetable cream soup	Spelt Mediterranean style
	Cheese pie	Ricotta cheese & spinach pie
	Green salad	Mixed salad
	Mixed salad	Salad & tomato
	Steamed chard	Mixed steamed vegetables
Tuesday	Saffron risotto	Regional Menu from Sicily
	Chickpea & pumpkin soup	<i>Pasta with pesto Trapani's Style</i>
	Roast sausage	<i>Tenerumi soup with vegetables</i>
	Green salad	<i>Cutlets Palermo's Style</i>
	Mixed salad	<i>Green salad / Grated carrots</i>
	Roast potatoes	<i>Mixed sauteed vegetables Sicilian Style</i>
Wednesday	Pasta with tomato sauce & ricotta cheese	Pasta with farmer's meat sauce
	Cous cous with vegetables	Pasta with garlic, oil & chili pepper
	Chicken cacciatora	Frico Friulian Style
	Green salad	Mixed salad
	Mixed salad	Tomatoes
	Mixed vegetables au gratin	Roast peppers
Thursday	Pasta with Bolognese meat sauce	Ravioli in melted butter & sage sauce
	Barley with vegetables	Asparagus cream soup
	Baked omelette with vegetables	Chicken in curry sauce
	Green salad	Green salad
	Tomatoes	Mixed salad
	Steamed broccoli	Sauteed fennels
Friday	Pumpkin cream soup	Zucchini & potato cream soup
	Burek with meat or vegetarian burek	Pizza with tomato sauce & mozzarella cheese
	Green salad	Green salad
	Mixed salad	Mixed salad
	Mixed vegetables au gratin	Steamed green beans
	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>		

