



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU K3-K4-K5

S.Y. 2024/2025

valid from 12/05 to 23/05

| | 1st WEEK (12-16 May) | 2nd WEEK (19-23 May) |
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| | | |
| Monday | Pasta with tomato sauce & basil Frico Friuli style Mixed salad | Rice with tomato sauce & cheese Vegetarian meatballs Green beans |
| Tuesday | Veggy baked pasta Pork stew Sauteed eggplants | Pasta with meat sauce Green tart with provola cheese Green salad |
| Wednesday | Cantonese rice Chicken nuggets Green salad | Pasta with pesto sauce Chicken nuggets Mixed steamed vegetables |
| Thursday | Pasta with tomato sauce Turkey ham Steamed green beans | Pasta with sausage Baked omelette with vegetables Steamed chard |
| Friday | Pasta with salmon sauce Roast cod meatballs Steamed broccoli Homemade dessert | Zucchini cream soup Pizza with tomato sauce & mozzarella cheese Green beans au gratin Homemade dessert |
| 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 | | |
| Edited by the dietician of: | | |
| Pedevilla S.p.A. | | |

