



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU MIDDLE & HIGH SCHOOL

S.Y. 2024/2025

valid from 12/05 to 23/05

	1st WEEK (12-16 May)	2nd WEEK (19-23 May)
Monday	Pasta with tomato sauce & basil	Rice with tomato sauce & cheese
	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	Regional Menu from Emilia
	Zucchini cream soup	<i>Pasta with meat sauce</i>
	Pork stew	<i>Imperial soup</i>
	Green salad	<i>Green tart with provola cheese</i>
	Mixed salad	<i>Green salad / Mixed salad</i>
	Sauteed eggplants	<i>Frico Bologna's style</i>
Wednesday	Asian Menu	Pasta with pesto sauce
	<i>Cantonese rice</i>	Carrot & orange soup
	<i>Cous cous Oriental style</i>	Chicken thighs with olives & paprika
	<i>Chicken with curry sauce</i>	Green salad
	<i>Green salad / Mixed salad</i>	Green beans & salad
	<i>Sweet & sour vegetables</i>	Mixed steamed vegetables
Thursday	Pasta with tomato sauce & chili pepper	Pasta with sausage
	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	Pasta with salmon sauce	Zucchini cream soup
	Turnips soup	Pizza with tomato sauce & mozzarella cheese
	Fish fingers	Green salad
	Green salad / Mixed salad	Mixed salad
	Steamed broccoli	Green beans au gratin
	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>		

