



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU ELEMENTARY S.Y. 2025/2026
valid from 19/01 to 30/01/26

	1st WEEK (19 - 23 Jan.)	2nd WEEK (26 - 30 Jan.)
Monday	Pasta with tomato sauce & basil Savory pie with potatoes, cheese, ham & vegetables Steamed mixed vegetables	Pasta with tomato sauce & basil Frico Roast mixed vegetables
Tuesday	Pasta with tomato sauce, veggy milk cream & oregano Pork cutlet Mixed vegetables au gratin	Nonna's Menu <i>Tortellini with milk cream & ham</i> <i>Grandma's meatballs in tomato sauce</i> <i>Roast potatoes</i>
Wednesday	Peruvian Menu <i>Tallarines verdes (Pasta with pesto & spinach sauce)</i> <i>Chicken a la brasa</i> <i>Papas a la huancaína</i>	Saffron risotto Roast chicken Roast potatoes
Thursday	<i>Pasta with San Daniele meat sauce</i> <i>Porchetta ham</i> <i>Roast mixed vegetables</i>	Pasta with pesto sauce Roast pork loin Steamed green beans
Friday	Pumpkin, carrot & potato cream soup Pizza with tomato sauce & mozzarella cheese Mixed salad Homemade dessert	Zucchini cream soup Pulled pork & pulled beef Tomatoes 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> 		