



# THE INTERNATIONAL SCHOOL OF TRIESTE

## MENU K3-K4-K5 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	Pasta with milk cream & ham Grandma's meatballs in tomato sauce Roast potatoes
Wednesday	Pasta with spinach & pesto sauce Chicken bites Green salad	Saffron risotto Roast chicken bites Roast potatoes
Thursday	Pasta with San Daniele meat sauce Porchetta ham Roast mixed vegetables	Pasta with pesto sauce Roast pork loin Steamed green beans
Friday	Pumpkin, carrot & potato cream soup Pizza with tomato sauce & mozzarella cheese Mixed salad <b>Homemade dessert</b>	Zucchini cream soup Pulled pork & pulled beef Tomatoes <b>Homemade dessert</b>
<p>Every day it is possible to substitute the first course with pasta/rice plain or with tomato sauce</p> <p>Every day it is possible to substitute the second course with a cold dish</p> <p>Edited by the dietician of:</p> <p><b>Pedevilla S.p.A.</b></p>		

