




THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL 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	Pasta with tomato sauce & basil
	Farmer's vegetable soup	Mixed mushrooms cream soup
	Savory pie with potatoes, cheese, ham & vegetables	Frico
	Green salad	Grated carrots
	Mixed salad	Mixed salad
	Steamed mixed vegetables	Roast mixed vegetables
Tuesday	Pasta with tomato sauce, veggy milk cream & oregano	Nonna's Menu
	Cous cous with vegetables	<i>Tortellini with ham & milk cream</i>
	Pork cutlet	<i>Seasonal vegetable soup</i>
	Mixed salad	<i>Grandma's meatballs in tomato sauce</i>
	Salad & tomatoes	<i>Insalata verde / Insalata mista</i>
	Mixed vegetables au gratin	<i>Roast potatoes</i>
Wednesday	Peruvian Menu	Saffron risotto
	<i>Tallarines verdes (Pasta with pesto & spinach sauce)</i>	Leek & cauliflower cream soup
	<i>Quinoa soup</i>	Roast chicken
	<i>Chicken a la brasa</i>	Green salad
	<i>Green salad / Mixed salad</i>	Mixed salad
	<i>Papas a la huancaína</i>	Roast potatoes
Thursday	Pasta with San Daniele meat sauce	Pasta with pesto sauce
	Pasta with garlic & oil	Lentil & spelt soup
	Porchetta ham	Roast pork loin
	Green salad	Mixed salad
	Grated carrots	Tomatoes
	Roast mixed vegetables	Steamed green beans
Friday	Pumpkin, carrot & potato cream soup	Zucchini cream soup
	Pizza with tomato sauce & mozzarella cheese	Pulled pork & pulled beef
	Spinach	Green salad
	Green salad	Cabbage
	Mixed salad	Tomatoes
	Homemade dessert	Homemade dessert
	<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 style="text-align: center;"></p> <p>Pedevilla S.p.A.</p>	