



# THE INTERNATIONAL SCHOOL OF TRIESTE

## MENU MIDDLE&HIGH SCHOOL S.Y. 2025/2026 valid from 02/02 to 13/02/26

	1st WEEK (2 - 6 Feb.)	2nd WEEK (9 - 13 Feb.)
Monday	Pasta with tomato sauce & basil	Pasta with tomato & chili pepper sauce
	Barley & vegetable soup	Cous cous Mediterranean Style
	Savory pie with provola cheese & bacon	Spinach & ricotta cheese pie
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed green beans	Mixed vegetables au gratin
Tuesday	Pasta with Norcino's meat sauce	Pasta with tomato sauce, veggy milk cream & oregano
	Vegetable soup	Mixed legume soup
	Baked omelette with cheese or vegetables	Beef hamburger
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed chard	Roast potatoes
Wednesday	<b>German Menu</b>	<b>Regional Menu from Sicily</b>
	German Haschee	Pasta with pesto Trapani's Style
	Kartoffelsuppe mit Pilzen (Potato & mushroom soup)	San Giuseppe's soup
	Leberkäse	Sausage in sauce
	Green salad / Mixed salad	Green salad / Mixed salad
	Kartoffelsalat (German potato salad)	Sauteed vegetables Sicilian Style
Thursday	Saffron risotto	Rice with tomato sauce
	Vegetable cream soup	Vegetable cream soup
	Turkey stew	Chicken thighs in paprika sauce
	Green salad	Green salad
	Grated carrots	Tomatoes
	Steamed mixed vegetables	Roast peppers
Friday	Carrot cream soup	Zucchini cream soup
	Chicken nuggets	Pizza with tomato sauce & mozzarella cheese
	Green salad	Green salad
	Mixed salad	Cabbage
	Potatoes	Early red radicchio
	<b>Homemade dessert</b>	<b>Italian Carnival Crostoli</b>
<p><b>Every day it is possible to substitute the first course with pasta/rice plain or with tomato sauce</b>  <b>Every day it is possible to substitute the second course with a cold dish</b></p>		
<p>Edited by the dietician of:</p>		
<p><b>Pedevilla S.p.A.</b></p>		

