

International School of Trieste EARLY CHILDHOOD & ELEMENTARY MENU

School Year 2020/2021 valid from 31 May to 16 June

1st WEEK (31 May-4 June)	2st WEEK (7-11 June)	3rd WEEK (14-16 June)
Pasta with tomato sauce & zucchini	Cold pasta with cherry tomato, pesto & mozzarella	Rice with tomato sauce
Soft cheese	Montasio cheese	Sliced tomatoes & mozzarella cheese
Carrots & corn	Mixed salad	Spinach
Vegetable cream soup	Zucchini cream soup	Carrot cream soup
Roast pork	Ham & cheese rolls	Chicken with olives
Tomatoes	Corn & carrots	Sautéed zucchini
	Parmesan risotto	Pasta with ricotta cheese & basil
SCHOOL CLOSED	Scrambled eggs	Beef stew
	Steamed carrots & zucchini	Mixed salad
Potato dumplings with tomato & mozzarella	Pasta with meatsauce	
Speck	Bresaola	☐ SCHOOL CLOSED
Spinach	Green salad	
Cheesey pasta	Lentil cream soup	
Squids in tomato sauce with polenta	Pizza with tomato sauce & mozzarella cheese	SCHOOL CLOSED
Steamed potatoes	Salad & tomatoes	
Ice cream	Jam tart	

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

Edited by the dietician: Claudia De Marzi - Pedivilla S.p.A.

