



# INTERNATIONAL SCHOOL OF TRIESTE

*International School of Trieste*

*MIDDLE SCHOOL&HIGH SCHOOL 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
Spelt salad with spicy vegetables	Pasta with oil, chilli pepper & garlic	Cold pasta salad with vegetables
Soft cheese	Montasio cheese	Sliced tomatoes & mozzarella cheese
Green salad	Green salad	Green salad
Carrots & corn	Mixed salad	Grated carrots & corn
Green beans	Steamed chard	Spinach
Vegetable cream soup	Zucchini cream soup	Carrot cream soup
Couscous with eggplant & cherry tomatoes	Wholegrain pasta with cherry tomato & rocket	Wholegrain pasta with zucchini, pine nuts & mint
Roast pork	Ham & cheese rolls	Chicken with olives
Green salad	Green salad	Green salad
Tomatoes	Corn & carrots	Tomatoes
Sautéed zucchini	Sautéed eggplants	Sautéed zucchini
<b>SCHOOL CLOSED</b>	Parmesan risotto	Pasta with ricotta cheese & basil
	Pasta with eggplants, olives, cherry tomatoes, capers & basil	Rice salad
	Scrambled eggs	Beef stew
	Green salad	Green salad
	Tomatoes & cucumbers	Mixed salad
	Steamed carrots & zucchini	Sautéed eggplants, zucchini & peppers
Potato dumplings with tomato & mozzarella	Tagliatelle with meatsauce	<b>SCHOOL CLOSED</b>
Saffron & potato cream soup	Spelt & bean cream soup	
Speck	Bresaola	
Green salad	Green salad	
Mixed salad	Tomatoes	
Spinach	Sautéed peppers	<b>SCHOOL CLOSED</b>
Cheesy pasta	Lentil cream soup	
Pasta with mixed fish sauce	Pizza with tomato sauce & mozzarella cheese	
Squids in tomato sauce with polenta	Green salad	
Green salad / Salad & carrots	Rocket & beans	
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.**

