

	1st WEEK (7-10 September)	2nd WEEK (13-17 September)	3rd WEEK (20-24 September)	4th WEEK (27 Sep. - 1 Oct.)	5th WEEK (4-8 October)
Monday	CLOSED	Amatriciana pasta (tomato & bacon)	Rice with tomato sauce & basil	Pasta with ricotta cheese & oregan	Carbonara pasta (eggs & bacon)
		Wholegrain pasta with zucchini & cherry tomatoes	Wholegrain past with pepper & olives	Pasta with curry & zucchini	Mixed rice with vegetables
		Mild Provolone cheese	Primosale cheese	Scrambled eggs	Stracchino cheese
		Green salad	Green salad	Green salad	Green salad
		Mixed salad	Salad & corn	Mixed salad	Salad & tomatoes
		Sautéed vegetables	Steamed carrots	Steamed chard	Roast vegetables
Tuesday	Pasta with tomato sauce	Pasta with tomato sauce	Bean cream soup	Carrot cream soup	Legume & cereal soup
	Cous cous with vegetables	Spelt salad	Pasta with pesto sauce & cherry tomatoes	Pasta with tomato, bacon, onion & milk cream	Wholegrain pasta with gorgonzola. Speck & walnuts
	Roast pork	Roast turkey	Roast chicken breast	Potato & cheese tart	Chicken breast with garlic, olive & tomato
	Green salad	Green salad	Green salad	Green salad	Green salad
	Carrots & corn	Salad & tomatoes	Tomatoes	Cucumbers & tomatoes	Salad & corn
	Green beans	Sautéed zucchini & eggplants	Roast vegetables	Spinach	Steamed carrots & cauliflowers
Wednesday	Pasta with pesto sauce	Vegetable cream soup	Pasta with tomato, cream & oregan	Pasta with tomato sauce	Pasta with tomato sauce & basil
	Pasta with zucchini, soft cheese & saffron	Pasta with speck & rocket	Wholegrain pasta with eggplants	Wholegrain pasta with olives & cherry tomatoes	Spelt with mushrooms & broccoli
	Chicken breast in lemon sauce	Beef stew	Ricotta & spinach pie	Pork stew	Roast meatballs
	Green salad	Green salad	Green salad	Green salad	Green salad
	Cucumbers & tomatoes	Salad, corn & carrots	Mixed salad	Grated carrots	Mixed salad
	Vegetables au gratin	Roast potatoes	Steamed fennels	Roast potatoes	Roast potatoes
Thursday	Tagliatelle with meatsauce	Gnocchi with sage and melted butter	Tortellini with milk cream & ham	Rice with meatsauce	Baked pasta
	Vegetable soup	Rice salad	Legume soup	Cous cous with chickpeas & vegetables	Vegetable cream soup
	Montasio cheese	Bresaola	Baked omelette	Sliced tomatoes & mozzarella cheese	Praga cooked ham
	Green salad	Green salad	Rocket & tomatoes	Green salad	Green salad
	Salad & carrots	Tomato & carrots	Spinach	Salad & corn	Beans & tomatoes
	Steamed spinach	Steamed vegetables	Green salad	Steamed vegetables	Steamed chard
Friday	Lentil cream soup	Parmesan risotto	Barley soup	Chickpea cream soup	Saffron risotto
	Pizza with tomato sauce & mozzarella	Wholegrain pasta with mackerel, cherry tomatoes & basil	Pasta with squid	Pizza with tomato sauce & mozzarella	Wholegrain pasta with fishsauce
	Green salad	Fish fingers	Baked fillet plaice	Green salad	Mixed fish in tomato sauce
	Mixed salad	Green salad	Green salad / Carrots & corn	Tomatoes & carrots	Green salad
	Steamed vegetables	Tomatoes & cucumbers / Spinach	Boiled potatoes with parsley	Fennels au gratin	Salad & carrots / Spinach
	Jam tart	Ice cream	Yogurt cake	Cake with ricotta cheese	Chocolate cake

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.**

