

	1st WEEK (11-15 October)	2nd WEEK (18-22 October)	3rd WEEK (25-29 October)	4th WEEK (8-12 November)	5th WEEK (15-19 November)
Monday	Sausage risotto	Pasta with tomato sauce	Rice with tomato sauce	Lentil cream soup	Carbonara pasta (eggs & bacon)
	Asiago cheese	Montasio cheese	Stracchino cheese	Soft cheese	Mozzarella cheese
	Green salad	Mixed salad	Salad & carrots	Spinach	Grated carrots
Tuesday				Tuscany Menu	
	Lentil cream soup	Potato & carrot cream soup	Legume cream soup	<i>Vegetable soup with bread, black cabbage & beans</i>	Pumpkin cream soup
	Chicken breast with seasonings	Beef stew	Meatballs in tomato sauce	<i>Beef stew in pepper sauce</i>	Spinach & ricotta tart
	Carrots & corn	Spinach	Mixed salad	<i>Beans with tomato & sage</i>	Mixed salad
Wednesday					
	Pasta with tomato sauce	Parmesan risotto	Amatriciana pasta (with tomato sauce & bacon)	Pasta with tomato sauce	Pasta with tomato sauce
	Roast pork	Turkey stripes	Roast chicken breast	Pork stew	Roast chicken breast
	Mixed salad	Corn	Spinach	Mixed salad	Green salad
Thursday		Sicily Menu			
	Tortellini with sage and melted butter	<i>Pasta with eggplant & tomato sauce</i>	Pasta with ricotta cheese & spinach	Four cheeses gnocchi	Pasta with meatsauce
	Ham & cheese rolls	<i>Omelette with onions & potatoes</i>	Baked omelette	Sliced turkey breast	Scrambled eggs
	Roast vegetables	<i>Cauliflower with tomato, raisin & pine nuts</i>	Steamed vegetables	Steamed vegetables	Steamed vegetables
Friday					
	Vegetable cream soup	Pasta with smoked salmon	Saffron risotto	Bean cream soup	Vegetable cream soup
	Pizza with tomato sauce & mozzarella	Fish fingers	Cod in tomato sauce with onions & olives	Roast swordfish fillet	Pizza with tomato sauce & mozzarella
	Steamed vegetables	Salad & carrots	Salad & corn	Green salad	Salad & carrots
	<i>Chocolate roll</i>	<i>Jam tart</i>	<i>Yogurt plumcake</i>	<i>Ricotta tart</i>	<i>Jam tart</i>

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.**

