

	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)
	Pasta with olives and tomato sauce	Pasta with tomato sauce, mushrooms, cooked ham & milk cream	Wholegrain pasta with sausage & tomatoes	Pasta with tomato sauce, olives & capers	Rice with red radicchio
	Asiago cheese	Montasio cheese	Stracchino cheese	Soft cheese	Mozzarella cheese
	Green salad	Green salad	Green salad	Green salad	Green salad
	Salad & beans	Mixed salad	Salad & carrots	Salad & beans	Grated carrots
Steamed fennels	Steamed cauliflowers	Steamed broccoli	Spinach	Spinach	
Tuesday	Lentil cream soup	Potato & carrot cream soup	Legume cream soup	<b>Tuscany Menu</b>	Pumpkin cream soup
	Pasta with meatsauce, pesto & milk cream	Pasta with oil, garlic & chily pepper	Pasta with taleggio cheese & speck	<i>Vegetable soup with bread, black cabbage &amp; beans</i>	Pasta with tomato sauce, peas & mushrooms
	Chicken breast with seasonings	Beef stew	Meatballs in tomato sauce	<i>Tagliatelle with porcini mushrooms &amp; truffle</i>	Spinach & ricotta tart
	Green salad	Green salad	Green salad	<i>Beef stew in pepper sauce / Tuscan maize soup</i>	Green salad
	Carrots & corn	Cabbage	Mixed salad	<i>Cauliflower with sausage / beans with tomato &amp; sage</i>	Mixed salad
	Spinach	Spinach	Steamed cicory	<i>Chickpeas with tomato sauce, parsley &amp; onions</i>	Brussels sprouts
Wednesday	Pasta with tomato sauce	Parmesan risotto	Amatriciana pasta (with tomato sauce & bacon)	Pasta with tomato sauce	Pasta with tomato sauce
	Wholegrain pasta with pumpkin & mushrooms	Wholegrain pasta with broccoli	Pasta with pumpkin cream, sage, broccoli & pine nuts	Cauliflower cream soup	Pizzoccheri with potatoes & cabbage
	Roast pork	Turkey stripes	Roast chicken thighs	Pork stew	Roast chicken breast
	Green salad	Green salad	Green salad	Green salad	Green salad
	Mixed salad	Corn	Cabbage & beans	Mixed salad	Salad & beans
	Steamed broccoli	Roast potatoes	Spinach	Roast potatoes	Cicory
Thursday	Tortellini with sage and melted butter	<b>Sicily Menu</b>	Pasta with ricotta cheese & spinach	Four cheeses gnocchi	Tagliatelle with meatsauce
	Spelt soup	<i>Vegetable soup with beans &amp; lentils</i>	Pea cream soup	Leek cream soup	Barley soup
	Ham & cheese rolls	<i>Pasta with eggplant &amp; tomato sauce</i>	Baked omelette	Sliced turkey breast	Scrambled eggs
	Green salad	<i>Omelette with onions &amp; potatoes / Stuffed meat roll</i>	Green salad	Green salad	Green salad
	Rocket & carrots	<i>Vegetable salad (potatoes, capers, tomatoes, onions, olives, celery)</i>	Grated carrots	Bean salad	Salad & carrots
	Roast vegetables	<i>Cauliflower with tomato, raisin &amp; 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	Wholegrain pasta with lentils & rosemary	Pasta with mussels	Pasta with squids	Pizza with tomato sauce & mozzarella
	Green salad	Fish fingers	Cod in tomato sauce with onions & olives	Roast swordfish fillet	Green salad
	Salad & carrots	Green salad / Salad & carrots	Green salad / Salad & corn	Green salad / Cabbage	Salad & carrots
	Steamed vegetables	Steamed fennels	Roast vegetables	Steamed cauliflowers	Steamed chard
	<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.**