

International School of Trieste EARLY CHILDHOOD & ELEMENTARY MENU School Year 2021/2022 valid from 28 March to 29 April

	1st WEEK (28 Mar 1 Apr.)	2nd WEEK (4 - 8 April)	3rd WEEK (11-15 April)	4th WEEK (18-22 April)	5th WEEK (25-29 April)
				SCHOOL CLOSED	SCHOOL CLOSED
Monday	Parmesan risotto	Carbonara pasta (with eggs & bacon)	Pasta with ricotta cheese & tomato		
Mon	Stracchino cheese	Mixed cheeses	Scrambled eggs		
	Grated carrots	Sautéed peas	Salad & corn		
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lay			Oriental Menu		
	Carrot cream soup	Vegetable cream soup	Cantonese rice	Lentil cream soup	Carrot & potato cream soup
Tuesday	Chicken with seasonings	Ricotta cheese & spinach tart	Chicken with almonds	Baked omelette with vegetables	Chicken with olives & tomatoes
=	Tomatoes & corn	Grated carrots	Tumeric potatoes	Grated carrots	Grated carrots
					Greek Menu
ednesday					
	Pasta with tomato sauce, milk cream & oreganos Roast pork Mixed salad	Saffron risotto	Pasta with pecorino cheese & bacon	Four cheeses pasta	Pasta with feta cheese, eggplants & baby tomatoes
	Roast pork	Meatballs in tomato sauce	Chicken nuggets in tomato sauce	Beef stew	Spanakopita (spinach tart)
Š	Mixed salad	Steamed vegetables	Grated carrots	Steamed vegetables	Potatoes
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Thursday	Tagliatelle with tomato sauce	Potato dumplings in tomato sauce & basil	Tortellini with melted butter & sage	Pasta with meatsauce	Baked pasta
	Baked omelette	Praga cooked ham	Asiago cheese	Sliced turkey breast	Ham & cheese rolls
	Steamed vegetables	Green salad	Steamed vegetables	Green beans	Mixed salad
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ay	Pea cream soup	Mixed legume soup	SCHOOL CLOSED	Parmesan risotto	Vegetable cream soup
Friday	Fish fingers	Cod fillet with olives		Fish fingers	Roast plaice fillet
1	Green salad	Carrots & corn		Green salad	Salad & carrots
L	Carnival cakes	Chocolate roll		Chocolate cake	Apple 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.

