



THE INTERNATIONAL SCHOOL OF TRIESTE

International School of Trieste
MIDDLE SCHOOL&HIGH SCHOOL 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)
Monday	Parmesan risotto	Carbonara pasta (with eggs & bacon)	Pasta with ricotta cheese & tomato	SCHOOL CLOSED	SCHOOL CLOSED
	Pasta with sausage, peppers & olives	Whole grain pasta with eggplant, tomato & mint	Cauliflower cream soup		
	Stracchino cheese	Mixed cheeses	Scrambled eggs		
	Green salad	Green salad	Green salad		
	Grated carrots	Mixed salad	Salad & corn		
	Spinach	Sautéed peas	Spinach		
Tuesday	Carrot cream soup	Vegetable cream soup	Oriental Menu	Lentil cream soup	Carrot & potato cream soup
	Whole grain pasta with meatsauce, pesto & milk cream	Pasta with asparagus & baby tomatoes	Cantonese rice / Noodles soup	Pasta with porcini mushrooms & sausage	Spelt salad with vegetables & saffron
	Chicken with seasonings	Ricotta cheese & spinach tart	Chicken with almonds	Baked omelette with vegetables	Chicken with olives & tomatoes
	Green salad	Green salad	Shrimps with vegetables	Green salad	Green salad
	Tomatoes & corn	Grated carrots	Sweet & sour peppers	Grated carrots	Grated carrots
	Roast potatoes	Green beans	Tumeric potatoes	Steamed potatoes	Steamed vegetables
Wednesday	Pasta with tomato sauce, milk cream & oreganos	Saffron risotto	Pasta with pecorino cheese & bacon	Four cheeses pasta	Greek Menu
	Spelt salad with baby tomatoes, mozzarella & rocket	Quinoa with vegetables	Whole grain pasta with eggplant & tomatoes	Wholegrain pasta with baby tomatoes, zucchini & bacon	Pasta with feta cheese, eggplants & baby tomatoes
	Roast pork	Meatballs in tomato sauce	Chicken nuggets in tomato sauce	Beef stew	Bean soup
	Green salad	Green salad	Green salad	Green salad	Spanakopita (spinach tart)
	Mixed salad	Tomatoes	Grated carrots	Mixed salad	Chicken gyros with pita bread
	Steamed chard	Steamed vegetables	Roast vegetables	Steamed vegetables	Greek salad / Potatoes with yogurt sauce
Thursday	Tagliatelle with tomato sauce	Potato dumplings in tomato sauce & basil	Tortellini with melted butter & sage	Pasta with meatsauce	Baked pasta
	Vegetable & chickpea soup	Barley, chickpea & carrot soup	Vegetable soup	Legume soup	Rice with zucchini & soft cheese
	Baked omelette	Praga cooked ham	Asiago cheese	Sliced turkey breast	Ham & cheese rolls
	Green salad	Green salad	Green salad	Green salad	Green salad
	Salad & carrots	Rocket & beans	Tomatoes & corn	Tomatoes & beans	Mixed salad
	Steamed vegetables	Steamed fennels	Steamed vegetables	Green beans	Steamed carrots
Friday	Pea cream soup	Mixed legume soup	SCHOOL CLOSED	Parmesan risotto	Vegetable cream soup
	Pasta with squids	Pasta with mussels		Pasta with salmon & avocado	Whole grain rice with shrimps, rocket & baby tomatoes
	Fish fingers	Cod fillet with olives		Fish fingers	Roast plaice fillet
	Green salad	Green salad / Boiled potatoes with parsley		Green salad	Green salad / Boiled potatoes with parsley
	Beans & grated carrots / Steamed cauliflowers	Carrots & corn		Rocket & tomatoes / Fennels au gratin	Salad & carrots
	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.**

