

International School of Trieste - MIDDLE SCHOOL & HIGH SCHOOL MENU - School Year 2022/2023 valid from 09/01 to 10/02/2023

1	1st WEEK (9-13 January)	2nd WEEK (16-20 January)	3rd WEEK (23-27 January)	4th WEEK (30 Jan.-3 Feb.)	5th WEEK (6-10 February)
Monday	Pasta with tomato sauce	Parmesan risotto	Pasta with tomato sauce & olives	Rice with sausage	Pasta with pesto sauce
	Pasta with red radicchio and leek	Pasta with gorgonzola cheese & speck	Wholegrain pasta with broccoli	Potato & carrot cream soup	Wholegrain pasta with eggplants
	Soft cheese	Montasio cheese	Mozzarella cheese	Stracchino cheese	Asiago cheese
	Green salad	Green salad	Green salad	Green salad	Green salad
	Mixed salad	Salad & corn	Salad & tomato	Mixed salad	Grated carrots & corn
	Mixed steamed vegetables	Steamed fennels	Steamed green beans	Bussels sprouts	Steamed cauliflowers
Tuesday	Potato & carrot cream soup	Umbria Regional Menu	Lentil cream soup	Austrian Menu	Ravioli in melted butter & sage sauce
	Pasta with mushrooms & cooked ham	<i>Pasta with meatsauce, sausages & tomato</i>	Pasta with tomato, bacon, onion & milk cream	<i>Baked pasta with ham & cheese</i>	Vegetable soup
	Roast pork	<i>Chickpea & spelt cream soup</i>	Chicken breast with seasonings	<i>Shredded omelette in broth</i>	Pork stew
	Green salad	<i>Savoury chicken stew in tomato sauce</i>	Green salad	<i>Beef stew</i>	Green salad
	Cabbage	<i>Green salad / Sauteed Swiss chard</i>	Grated carrots	<i>Green salad / Salad & carrots</i>	Mixed salad
	Steamed chard	<i>Mixed salad</i>	Steamed chard	<i>Potato salad with vinegar & chives</i>	Steamed chicory
Wednesday	Mexican menu	Carbonara pasta (with eggs & bacon)	Sardinia Regional Menu	Pasta with tomato sauce	Molise Regional Menu
	<i>Mexican style pasta</i>	Barley with vegetables	<i>Sardinian pasta with sausage, sheep cheese & tomato</i>	Pumpkin & leek cream soup	<i>Bacon & sheep cheese macaroni</i>
	<i>Wholegrain pasta with guacamole & sesame seeds</i>	Pork meatballs in curry sauce	<i>Nettle leaf & potato soup</i>	Roast turkey	<i>Potato & savoy cabbage cream soup</i>
	<i>Tex Mex Chicken</i>	Green salad	<i>Roast eggplants with carasau bread & tomato</i>	Green salad	<i>Bread, egg & cheese meatballs (meatless)</i>
	<i>Green salad</i>	Grated carrots	<i>Green salad</i>	Beans & salad	<i>Green salad / Stewed vegetables</i>
	<i>Salad & beans / Guadalajara roast potatoes</i>	Spinach	<i>Cabbage & corn / Roast artichokes au gratin</i>	Mixed roast vegetables	<i>Grated carrots</i>
Thursday	Pasta with tomato sauce, milk cream & oregano	Potato dumplings with 4 cheese sauce	Amatriciana pasta (with tomato & bacon)	Pasta with tomato & ricotta cheese	Pasta with meatsauce
	Vegetable soup	Cous cous with vegetables	Pasta with leeks & taleggio cheese	Pasta with oil, garlic & chily pepper	Mixed legumes soup
	Praga cooked ham	Baked omelette with cheese	Bresaola (cured meat)	Ricotta cheese & spinach tart	Sliced turkey breast
	Green salad	Green salad	Green salad	Green salad	Green salad
	Grated carrots & corn	Salad & beans	Grated carrots	Mixed salad	Tomatoes & corn
	Bruxelles sprouts	Steamed carrots	Mixed vegetables au gratin	Sauteed savoy cabbage	Mixed vegetables au gratin
Friday	Pumpkin & potato cream soup	Pasta with zucchini	Rice & peas soup	Pasta with salmon	Vegetable cream soup
	Pizza with tomato sauce & mozzarella	Pasta with mussels	Pizza with tomato sauce & mozzarella	Pasta with red pesto sauce	Pizza with tomato sauce & mozzarella
	Green salad	Fish fingers / Cuttlefish salad	Green salad	Fish fingers / Mackerel fillets	Green salad
	Mixed salad	Green salad / Steamed cauliflowers	Tomatoes & corn	Green salad / Salad & carrots	Mixed salad
	Steamed broccoli	Mixed salad	Steamed fennels	Steamed green beans	Brussels sprouts
	<i>Jam tart</i>	<i>Cocoa cake</i>	<i>Ricotta cheese tart</i>	<i>Apple tart</i>	<i>Cream tart with pine nuts</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.**



International School of Trieste - EARLY CHILDHOOD & ELEMENTARY MENU - School Year 2022/2023
valid from 09/01 to 10/02/2023

1	1st WEEK (9-13 January)	2nd WEEK (16-20 January)	3rd WEEK (23-27 January)	4th WEEK (30 Jan.-3 Feb.)	5th WEEK (6-10 February)
Monday	Pasta with tomato sauce	Parmesan risotto	Pasta with tomato sauce & olives	Rice with sausage	Pasta with pesto sauce
	Soft cheese	Montasio cheese	Mozzarella cheese	Stracchino cheese	Asiago cheese
	Mixed salad	Salad & corn	Green salad	Mixed salad	Grated carrots & corn
Tuesday		Umbria Regional Menu		Austrian Menu	
	Potato & carrot cream soup	<i>Pasta with meatsauce, sausages & tomato</i>	Lentil cream soup	<i>Baked pasta with ham & cheese</i>	Ravioli in melted butter & sage sauce (**)
	Roast pork	<i>Savoury chicken stew in tomato sauce</i>	Chicken breast with seasonings	<i>Beef stew</i>	Pork stew
	Green salad	<i>Mixed salad</i>	Grated carrots	<i>Salad & carrots</i>	Mixed salad
Wednesday	Mexican menu		Sardinia Regional Menu		Molise Regional Menu
	<i>Light Mexican pasta</i>	Carbonara pasta (with eggs & bacon) (*)	<i>Sardinian pasta with sausage, sheep cheese & tomato</i>	Pasta with tomato sauce	<i>Bacon & sheep cheese macaroni</i>
	<i>Chicken in tomato sauce</i>	Pork meatballs in tomato sauce	<i>Roast eggplants with carasau bread & tomato (***)</i>	Roast turkey	<i>Bread, egg & cheese meatballs (meatless)</i>
	<i>Green salad</i>	Grated carrots	<i>Green salad</i>	Green salad	<i>Grated carrots</i>
Thursday	Pasta with tomato sauce, milk cream & oregano	Potato dumplings with 4 cheese sauce (**)	Amatriciana pasta (with tomato & bacon)	Pasta with tomato & ricotta cheese	Pasta with meatsauce
	Praga cooked ham	Baked omelette with cheese	Bresaola (cured meat)	Ricotta cheese & spinach tart	Sliced turkey breast
	Grated carrots & corn	Steamed carrots	Green salad	Mixed salad	Tomatoes & corn
Friday	Pumpkin & potato cream soup	Pasta with zucchini	Rice & peas soup	Pasta with salmon	Vegetable cream soup
	Pizza with tomato sauce & mozzarella	Fish fingers	Pizza with tomato sauce & mozzarella	Fish fingers	Pizza with tomato sauce & mozzarella
	Green salad	Mixed salad	Tomatoes & corn	Steamed green beans	Mixed salad
	<i>Jam tart</i>	<i>Cocoa cake</i>	<i>Ricotta cheese tart</i>	<i>Apple tart</i>	<i>Cream tart with pine nuts (****)</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

(*) For Early childhood only : Pasta with tomato sauce

(**) For Early childhood only : Ravioli/potato dumplings shall be replaced with pasta

(***) For Early childhood only : Cheese

(****) For Early childhood only : Cocoa cake

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