

International School of Trieste - EARLY CHILDHOOD & ELEMENTARY MENU - School Year 2022/2023

valid from 01/05 to 02/06/2023

| | 1st WEEK (01-05 May) | 2nd WEEK (08-12 May) | 3rd WEEK (15-19 May) | 4th WEEK (22-26 May) | 5th WEEK (29 May-02 June) |
|------------------|---|---|---|--|---|
| Monday | SCHOOL CLOSED | Pasta with veggy milk cream, tomato sauce & oregano | Ravioli with butter & sage (**) | Saffron risotto | Pasta with tomato & basil |
| | | Soft cheese | Montasio cheese | Asiago cheese | Mozzarella cheese |
| | | Green beans | Green salad | Corn | Grated carrots & corn |
| | | | | | |
| Tuesday | | Revival '80s Menu | | Santorini Menu | |
| | Pasta with tomato & basil | <i>Pasta with veggy milk cream, meat sauce & tomato</i> | Pasta with zucchini & bacon | <i>Santorini pasta (with feta cheese & zucchini)</i> | Pasta with meat sauce |
| | Stracchino cheese | <i>Stuffed crepes with ham & cheese</i> | Chicken breast with seasonings | <i>Chicken Souvlaki with Tzaiziki</i> | Cheese omelette |
| | Green salad | <i>Mixed salad</i> | Steamed beet | <i>Greek lemon-flavoured roasted potatoes</i> | Mixed roast vegetables |
| Wednesday | Cuban Menu | | Apulian Menu | | Welcome Summer menu |
| | <i>Arroz alla creola (rice with spices)</i> | Parmesan risotto | <i>Orecchiette pasta with turnip greens</i> | Carbonara pasta (egg & bacon) | Orecchiette pasta with cherry tomatoes & ricotta cheese |
| | <i>Beef stew with banana</i> | Chicken thighs with olives & paprika (*) | <i>Sausage with tomatoes</i> | Beef stew | Grilled loin |
| | <i>Cuban ensalada</i> | Mixed steamed vegetables | <i>Sauteed zucchini</i> | Mixed steamed vegetables | Salad with cucumbers & pear (****) |
| Thursday | | | | | |
| | Pasta with pesto sauce | Pasta with zucchini & ricotta | Pasta with veggy milk cream & ham | Rice with sausage | Arrabbiata pasta (with tomato sauce & chili pepper) |
| | Sliced turkey ham | Pork stew | Cured meat (***) | Cured ham | Praga cooked ham |
| | Steamed green beans | Green salad | Green salad | Mixed vegetables au gratin | Steamed spinach |
| Friday | | | | | SCHOOL CLOSED |
| | Carrot & potato cream soup | Gnocchi with zucchini & salmon (**) | Pea cream soup | Creamy pasta with tuna | |
| | Pizza | Fish fingers | Pizza with tomato & mozzarella cheese | Fish fingers | |
| | Mixed salad | Steamed broccoli | Green beans au gratin | Steamed chard | |
| | <i>Homemade dessert</i> | <i>Homemade dessert</i> | <i>Homemade dessert</i> | <i>Homemade dessert</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 : Chicken breast

(**) For Early childhood only : "Gnocchi/Ravioli" are replaced with "Pasta"

(***) For Early childhood only : Sliced turkey ham

(****) For Early childhood only : Tomatoes & cucumbers

Edited by the dietician of Pedivilla S.p.A.

