

*International School of Trieste - MIDDLE SCHOOL & HIGH SCHOOL 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)
<b>Monday</b>	<b>SCHOOL CLOSED</b>	Pasta with veggy milk cream, tomato sauce & oregano Vegetables cream soup Soft cheese Mixed salad Salad & tomato Green beans	Ravioli with butter & sage Zucchini cream soup Montasio cheese Green salad Mixed salad Sauteed eggplants	Saffron risotto Wholegrain pasta with broccoli & almonds Asiago cheese Green salad Corn Steamed cauliflowers	Pasta with tomato & basil Cold pasta salad with vegetables Mozzarella cheese Green salad Grated carrots & corn Steamed fennels
<b>Tuesday</b>	Pasta with tomato & basil Cous cous with vegetables Stracchino cheese Green salad Mixed salad Steamed chard	<b>Revival '80s Menu</b> <i>Pasta with veggy milk cream, meat sauce &amp; tomato</i> <i>Rice salad</i> <i>Stuffed crepes with ham &amp; cheese or with vegetables</i> <i>Mixed salad</i> <i>Cauliflowers au gratin / Green salad</i>	Pasta with zucchini & bacon Pasta with black cabbage Chicken breast with seasonings Green salad Mixed salad Steamed chard	<b>Santorini Menu</b> <i>Santorini pasta (with feta cheese &amp; zucchini)</i> <i>Pea &amp; greek yogurt soup</i> <i>Chicken Souvlaki with Tzatziki</i> <i>Green salad / Salad &amp; carrots</i> <i>Greek lemon-flavoured roast potatoes</i>	Pasta with meat sauce Pasta with taleggio cheese & zucchini Cheese omelette Green salad Tomatoes & corn Mixed roast vegetables
<b>Wednesday</b>	<b>Cuban Menu</b> <i>Arroz alla creola (rice with spices)</i> <i>Plane tree soup &amp; coconut milk</i> <i>Beef stew with banana</i> <i>Green salad / Mixed salad</i> <i>Cuban ensalada</i>	Parmesan risotto Carrot, orange & ginger soup Chicken thighs with olives & paprika Green salad Beans & salad Mixed steamed vegetables	<b>Apulian Menu</b> <i>Orecchiette pasta with turnip greens</i> <i>Pasta with tomatoes</i> <i>Sausage with tomatoes</i> <i>Green salad / Roast potatoes</i> <i>Sauteed zucchini</i>	Carbonara pasta (egg & bacon) Lemon-scented cucumber and avocado soup Beef stew Green salad Salad & carrots Mixed steamed vegetables	<b>Welcome Summer Menu</b> Orecchiette pasta with cherry tomatoes & ricotta cheese Cold pasta salad with ham & melon Grilled loin Green salad / Mixed salad Salad with cucumbers & pear
<b>Thursday</b>	Pasta with pesto sauce Carrot cream soup with celery & green apple Sliced turkey ham Green salad Tomatoes & corn Steamed green beans	Pasta with zucchini & ricotta cheese Summer spelt salad with cherry tomatoes & feta cheese Pork stew Green salad Mixed salad Steamed chard	Pasta with veggy milk cream & ham Barley salad with leeks & saffron Cured meat Green salad Cucumbers & corn Steamed carrots	Rice with sausage Cereal & vegetable soup Cured ham Green salad Mixed salad Mixed vegetables au gratin	Arrabbiata pasta (with tomato sauce & chili pepper) Vegetable soup Praga cooked ham Green salad Mixed beans Steamed spinach
<b>Friday</b>	Carrot & potato cream soup Pizza with tomato & mozzarella cheese Green salad Mixed salad Steamed cauliflowers <i>Homemade dessert</i>	Gnocchi with zucchini & salmon Beetroot cream soup Fish fingers Green salad / Mixed salad Steamed broccoli <i>Homemade dessert</i>	Pea cream soup Pizza with tomato & mozzarella cheese Green salad Mixed salad Green beans au gratin <i>Homemade dessert</i>	Creamy pasta with tuna Vegetable cream soup Fish fingers Green salad / Salad & carrots Steamed chard <i>Homemade dessert</i>	<b>SCHOOL CLOSED</b>

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 of **Pedivilla S.p.A.**

