INTERNATIONAL SCHOOL OF TRIESTE

MENU EARLY CHILDHOOD KINDER 2 – S.Y. 2023/2024 valid from 13/11 to 15/12

1st WEEK (13-17 nov.)	2nd WEEK (20-24 nov.)	3rd WEEK (27 nov01 dec.)	4th WEEK (04-08 dec.)	5th WEEK (11-15 dec.)
	Otestan of standard users tables	Otantan af un establish au matin	Otesta of constability and matter	
Vegetable cream soup with rice	Starter of steamed vegetables	Starter of vegetables au gratin	Starter of vegetables au gratin	Vegetable and barley cream soup
Montasio cheese	Pasta with pesto sauce	Rice with peas (or plain rice with sauteed peas)	Rice with peas (or plain rice with sauteed peas)	Turkey escalope with potatoes/polenta
Sauteed vegetables	Roast chicken			Fresh vegetables
Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit
Starter of fresh vegetables	Bean and barley soup	Semolina in vegetable broth	Starter of vegetables au gratin	Starter of sauteed vegetables
Lasagna with beef meatsauce and bechamel	Egg omelette	Chicken nudgets in milk sauce	Rice with peas (or plain rice with sauteed peas)	Potato dumplings in butter and sage sauce
	Vegetables au gratin	Fresh vegetables		Stracchino cheese
Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit
Starter of mixed cooked vegetables	Starter of fresh vegetables	Starter of mixed steamed vegetables	Starter of vegetables au gratin	Starter of fresh vegetables
Semolina dumplings au gratin	Pizza with tomato and mozzarella cheese	Pasta with tomato sauce	Rice with peas (or plain rice with sauteed peas)	Pasta with vegetables
Roast legume meatballs/stewed legumes		Ricotta cheese meatballs		Stewed veal meatballs
Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit
Vegetable soup with spelt	Starter of cooked vegetables	Vegetable cream soup with pasta	Starter of vegetables au gratin	Starter of vegetables au gratin
Turkey stew	Rice with vegetables	Minced beef or stewed meatballs	Rice with peas (or plain rice with sauteed peas)	Lentil and cereal cream soup
Potatoes/polenta and fresh vegetables	Roast pork loin	Potatoes/polenta and fresh vegetables		Egg omelette with spinach
Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit	Bread and fresh fruit
Starter of vegetables au gratin	Vegetable cream soup with pasta	Starter of mixed fresh vegetables		Mixed cooked vegetables
Cous Cous with vegetables	Roast cod	Pasta with vegetables	1	Rice with fish sauce (squid, cuttlefish, cod, etc)
Hake au gratin	Potatoes and fresh vegetables	Roast fish meatballs		
		Bread and fresh fruit		Bread and fresh fruit

Each day the detailed menu will be displayed (type of fruit and vegetables of the season), including specified allergens for each meal.

Information about the presence of products containing allergens can be asked to the staff and the kitchen supervisor is available to give any support or documentation.

Pedevilla

Edited by the dietician of

Pedevilla S.p.A.