

MENU MIDDLE & HIGH SCHOOL – S.Y. 2023/2024 valid from 13/11 to 15/12

	1st WEEK (13-17 nov.)	2nd WEEK (20-24 nov.)	3rd WEEK (27 nov.-01 dec.)	4th WEEK (04-08 dec.)	5th WEEK (11-15 dec.)
Monday	Pasta with tomato sauce Pasta with red radicchio & leek Soft cheese Green salad Mixed salad Steamed vegetables	Parmesan risotto Pasta with gorgonzola cheese & speck Montasio cheese Green salad Salad & corn Steamed fennels	Pasta with tomato sauce & olives Wholegrain pasta with broccoli Mozzarella cheese Green salad Salad & tomato Steamed green beans	Saffron risotto Potato and carrot cream soup Stracchino cheese Green salad Mixed salad Bruxelles sprouts	Pasta with pesto sauce Wholegrain pasta with eggplants Asiago cheese Green salad Grated carrots & corn Steamed cauliflowers
Tuesday	Potato & carrot cream soup Pasta with peas & ham Roast turkey Green salad Cabbage Steamed chard	Regional menu from Abruzzo <i>Pasta "cacio e ova" (with cheese and eggs)</i> <i>Legume soup "Abruzzo style"</i> <i>Polenta with sausage sauce</i> <i>Mixed salad / Green salad</i> <i>Stewed vegetables "Abruzzo style"</i>	Lentil cream soup Pasta with garlic and oil Chicken breast with seasonings Green salad Grated carrots Steamed chard	Regional Menu from Veneto <i>Rice and pumpkin "Venetian style"</i> <i>Bean soup with pasta</i> <i>Polenta with sausages</i> <i>Green salad / Salad and carrots</i> <i>Sauteed cabbage "Venetian style"</i>	Ravioli with sage & melted butter sauce Vegetable soup Pork stew Green salad Mixed salad Steamed chicory
Wednesday	Regional menu from Sicily <i>Pasta with red pesto sauce</i> <i>Cous Cous with oranges & Sicilian scents</i> <i>Roast cutlets au gratin</i> <i>Green salad / Roast Potatoes</i> <i>Stewed vegetables "Sicilian style"</i>	Carbonara pasta (with eggs & bacon) Barley with vegetables Pork meatballs in curry sauce Green salad Grated carrots Spinach	Regional Menu from Sardinia <i>Pasta in tomato sauce with sausage & sheep cheese</i> <i>Potato soup "Sardinia style"</i> <i>Chicken with olives and capers</i> <i>Green salad / Cabbage & corn</i> <i>Artichokes au gratin</i>	Pasta with tomato sauce Zucchini cream soup Roast turkey Green salad Beans with salad Roast mixed vegetables	Trieste menu <i>Vegetable pea soup</i> <i>Sauerkraut soup "Trieste style"</i> <i>Stewed meat & potatoes</i> <i>Green salad / Salad and carrots</i> <i>Sauteed sauerkraut and potatoes</i>
Thursday	Pasta with tomato sauce, cream & oregano Vegetable soup Praga cooked ham Green salad Grated carrots & corn Bruxelles sprouts	Pasta with tomato sauce Cous cous with vegetables Baked omelette with cheese Green salad Salad & beans Steamed carrots	Pasta with mozzarella cheese & tomato sauce Pasta with leek cream Bresaola (sliced cured meat) Green salad Grated carrots Mixed vegetables au gratin	Rice with sausages Vegetable soup Ricotta and spinach pie Green salad Mixed salad Sauteed cabbages	Pasta with meatsauce Mixed legume soup Sliced turkey ham Green salad Tomatoes & corn Mixed vegetables au gratin
Friday	Pumpkin & potato cream soup Pizza with tomato & mozzarella cheese Green salad Mixed salad Steamed broccoli <i>Jam tart</i>	Pasta with creamy tuna sauce Pasta with zucchini sauce Fish fingers Green salad / Mixed salad Steamed cauliflowers <i>Chocolate sponge cake</i>	Rice and pea soup Pizza with tomato & mozzarella cheese Green salad Tomatoes & corn Steamed fennel <i>Ricotta cheese tart</i>	CLOSED	

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:

Pedevilla S.p.A.

