

	1st WEEK (08-12 Jan.)	2nd WEEK (15-19 Jan.)	3rd WEEK (22-26 Jan.)	4th WEEK (29 Jan.-02 Feb.)	5th WEEK (05-09 Feb.)
<b>Monday</b>	Pasta with tomato sauce Wholegrain pasta with broccoli Stracchino cheese Green salad Grated carrots & corn Steamed fennels	Pasta with pesto sauce Pasta with zucchini Soft cheese Mixed salad Salad & tomatoes Sauteed peas	Parmesan risotto Pasta with mushroom & ham Montasio cheese Green salad Mixed salad Bruxelles sprouts	Pasta with tomato sauce & ricotta cheese Wholegrain pasta with eggplants & tomato sauce Asiago cheese Green salad Corn Steamed cauliflowers	Pasta with cream & ham Wholegrain pasta with tomatoes & stracchino cheese Mozzarella cheese Green salad Tomatoes & beans Steamed chard
<b>Tuesday</b>	Saffron risotto Vegetable cream soup Roast chicken thighs Green salad Cabbage Roast mixed vegetables	<b>Indian Menu</b> <i>Rice with Indian spices</i> <i>Vegetable soup "Indian style"</i> <i>Tikkamasala chicken</i> <i>Green salad / Mixed salad</i> <i>Aloo Palak (curried potatoes &amp; spinach)</i>	Carbonara pasta (with eggs & bacon) Wholegrain pasta with rocket salad & taleggio cheese Chicken meatballs Green salad Mixed salad Steamed chard	<b>Greek menu</b> <i>Pasta Santorini (with feta cheese &amp; zucchini)</i> <i>Greek yoghurt &amp; pea soup</i> <i>Souvlaki with Tzaiziki</i> <i>Green salad / Salad &amp; carrots</i> <i>Roast potatoes "Greek style"</i>	Pasta with spicy tomato sauce Lentil soup Pork stew Green salad Mixed beans Steamed spinach
<b>Wednesday</b>	<b>Regional menu from Rome</b> <i>Pasta with tomato sauce, bacon, cheese &amp; egg cream</i> <i>Broccoli soup "Roman style"</i> <i>Sliced roast pork</i> <i>Green salad / Grated carrots</i> <i>Sauteed chicory "Roman style"</i>	Pasta with tomato sauce, veggie cream & oregano Cous cous with mixed vegetables Pork sausages Green salad Beans & salad Mixed grilled vegetables	<b>Regional menu from Piedmont</b> <i>Filled pasta in sage &amp; melted butter sauce</i> <i>Soup "Piedmont style"</i> <i>Sliced loin with tuna sauce</i> <i>Green salad / Roast cauliflowers with cheese</i> <i>Roast potatoes with cheese</i>	Amatriciana pasta (with bacon & tomato sauce) Barley with vegetables Chicken breast with seasonings Green salad Salad & carrots Steamed mixed vegetables	<b>Hawaiian menu</b> <i>Poke' (vegetarian option or with fish)</i> <i>Hawaiian soup (with carrot &amp; coconut)</i> <i>Huli huli chicken (with Hawaiian spices)</i> <i>Green salad / Mixed salad</i> <i>Hawaiian salad (salad &amp; exotic fruits)</i>
<b>Thursday</b>	Pasta with meat sauce Leek & chickpea cream soup Bresaola (sliced cured meat) Green salad Tomatoes & corn Steamed beans	Baked pasta Cauliflower cream soup Sliced turkey ham Green salad Mixed salad Steamed carrots	Pasta with tomato sauce & basil Pasta with gorgonzola cheese & walnuts Baked omelette with cheese Green salad Tomatoes & corn Roast mixed vegetables	Rice with sausage Onion & zucchini soup Praga cooked ham Green salad Mixed salad Sauteed savoy cabbage	Pasta with pesto sauce Pasta with garlic & oil Spinach & ricotta cheese tart Green salad Grated carrots Mixed vegetables au gratin
<b>Friday</b>	Carrot & potato cream soup Pizza with tomato sauce & mozzarella Green salad Mixed salad Steamed spinach <i>Chocolate sponge cake</i>	Pasta with tuna sauce Vegetable soup Fish fingers Green salad / Mixed salad Steamed broccoli <i>Tart with custard cream &amp; pine nuts</i>	Pumpkin & potato cream soup Pizza with tomato sauce & mozzarella Green salad Mixed salad Steamed fennels <i>Chocolate salami</i>	Pasta with salmon Pasta with garlic, oil & chili pepper Fish fingers Green salad / Salad & carrots Steamed green beans <i>Jam tart</i>	Pea cream soup Pizza with tomato sauce & mozzarella Green salad Mixed salad Bruxelles sprouts <i>Ricotta cheese tart</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 of:

Pedevilla S.p.A.

