



THE INTERNATIONAL
SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2025/2026

valid from 23/02 to 06/03/26

	1st WEEK (23 - 27 Feb.)	2nd WEEK (2 - 6 Mar.)
Monday	Pasta with tomato sauce & basil	Pasta with tomato sauce, veggy milk cream & oregano
	Cereals with seasonal vegetables	Farmer's vegetable soup
	Baked omelette with cheese or vegetables	Frico
	Green salad	Green salad
	Mixed salad	Mixed salad
	Roast mixed vegetables	Early red radicchio
Tuesday	Pasta with pesto sauce	Saffron risotto
	Vegetable soup	Zucchini & onion cream soup
	Roast pork roll	Pork loin au gratin
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed carrots	Roast peppers
Wednesday	Chinese Menu	Food Lover's Menu
	Cantonese rice	Homemade pasta with meat sauce
	Vegetable soup Oriental Style	Pasta & beans
	Chicken with almonds	Baked omelette roll with ham & scamorza cheese
	Spring rolls / Mixed salad	Green salad / Mixed salad
	Sweet & sour vegetables	Mixed vegetables au gratin
Thursday	Parmesan risotto	Ravioli in melted butter & sage sauce
	Leek cream soup with croutons	Barley & vegetable soup
	Savory pie with potatoes, cheese, bacon	Spinach & ricotta cheese meatballs (no meat)
	Green salad	Green salad
	Mixed salad	Salad & beans
	Green beans	Steamed mixed vegetables
Friday	Zucchini & potato cream soup	Carrot cream soup
	Kebab	Chicken tenders
	Green salad	Green salad
	Tomatoes	Fennels
	Cabbage	Potatoes
	Homemade dessert	Homemade dessert
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.		