



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2025/2026 valid from 09/03 to 20/03/26

	1st WEEK (9 - 13 Mar.)	2nd WEEK (16 - 20 Mar.)
Monday	Pasta with tomato sauce & basil	Saffron risotto
	Cous cous with vegetables	Vegetable & quinoa soup
	Baked omelette with cheese or vegetables	Savory pie with potatoes, cheese, ham & vegetables
	Green salad	Green salad
	Mixed salad	Cabbage
	Green beans	Early red radicchio
Tuesday	Pasta with pesto sauce	St. Patrick's Day Menu
	Leek & cauliflower cream soup	<i>Irish split pea soup</i>
	Sausages in tomato sauce	<i>Irish beef stew</i>
	Green salad	<i>Champ (smashed potatoes)</i>
	Grated carrots	<i>Green salad / Stewed cabbage</i>
	Steamed spinach	Homemade dessert
Wednesday	Parmesan risotto	Pasta with tomato sauce & basil
	Mixed legume soup	Chickpea & leek cream soup
	Roast chicken	Turkey stew
	Green salad	Mixed salad
	Tomatoes	Tomatoes & cucumbers
	Fennels	Steamed mixed vegetables
Thursday	Pasta with San Daniele meat sauce	Pasta with Norcino's meat sauce
	Seasonal vegetable soup	Cous cous Mediterranean Style
	Spinach & ricotta cheese pie	Cheese meatballs (no meat)
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed carrots	Sauteed cabbage
Friday	Mexican Menu	Potato & carrot cream soup
	<i>Plain rice</i>	Pizza with tomato sauce & mozzarella cheese
	<i>Create your tacos with: red beans Mexican Style, meat chili or chicken fajitas, spicy sauce or yoghurt sauce</i>	Green salad
	<i>Salad / Tomatoes</i>	Mixed salad
	Homemade dessert	Steamed mixed vegetables
<p>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</p>		
<p>Edited by the dietician of:</p>		
<p>Pedevilla S.p.A.</p>		