



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2025/2026 valid from 23/03 to 03/04/26

	1st WEEK (23 - 27 Mar.)	2nd WEEK (30 Mar. - 3 Apr.)
Monday	Pasta with tomato sauce & basil	Pasta with tomato sauce, veggy milk cream & oregano
	Cous cous with vegetables	Leek, potato & turmeric cream soup
	Pork loin au gratin	Frico
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed mixed vegetables	Early red radicchio
Tuesday	Pasta with San Daniele meat sauce	Pasta with Trapani's pesto sauce
	Vegetable cream soup	Spelt with vegetables
	Baked omelette with cheese or vegetables	Beef stew
	Green salad	Green salad
	Mixed salad	Tomatoes
	Mixed vegetables au gratin	Potatoes
Wednesday	Pasta with pesto sauce	Oriental Menu
	Zucchini & onion cream soup	<i>Cantonese rice</i>
	Roast chicken	<i>Miso soup with tofu and vegetables</i>
	Green salad	<i>Chicken with almonds</i>
	Fennels	<i>Green salad / Mixed salad</i>
	Grated carrots	<i>Sweet & sour vegetables</i>
Thursday	Ravioli in melted butter & sage sauce	SCHOOL CLOSED
	Mixed legume soup	
	Savory pie with potatoes, cheese, bacon	
	Green salad	
	Green beans	
	Roast peppers	
Friday	Eid al-Fitr Menu	SCHOOL CLOSED
	<i>Chicken Biryani / Cous cous Moroccan Style</i>	
	<i>Sambousek (fried pastry pockets with meat and cheese)</i>	
	<i>Baba ganoush (smoky eggplant dip with sesame paste)</i>	
	<i>Chickpea hummus</i>	
	Homemade dessert for Eid al-Fitr	
<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>		
		