



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2025/2026 valid from 20/04 to 01/05/26

	1st WEEK (20 - 24 Apr.)	2nd WEEK (27 Apr. - 1 May)
Monday	Pasta with tomato sauce	Pasta with tomato sauce, veggy milk cream & oregano
	Cous cous with vegetables	Zucchini cream soup
	Valdostana savory pie	Frico
	Green salad	Salad & tomatoes
	Mixed salad	Green salad
	Steamed mixed vegetables	Roast mixed vegetables
Tuesday	Regional Menu from Veneto	Pasta with pesto sauce
	<i>Rice & beans</i>	Barley with feta cheese, baby tomatoes & olives
	<i>White beans & red radicchio cream soup</i>	Pork meatballs
	<i>Roast pork in milk sauce</i>	Green salad
	<i>Mixed salad</i>	Mixed salad
	<i>Roast red radicchio</i>	Sauteed mixed vegetables
Wednesday	Earth Day Menu	Pasta with Norcino's meat sauce
	<i>Pasta with green beans & tomato sauce</i>	Vegetable cream soup
	<i>Bassano's asparagus cream soup</i>	Spinach & ricotta cheese pie
	<i>Pulled chicken</i>	Green salad
	<i>Zucchini & mint / Cabbage & fresh mist salad</i>	Grated carrots
	<i>Steamed broccoli, fennels, chard & cauliflowers</i>	Roast mixed vegetables
Thursday	Pasta with Bolognese meat sauce	Indian Menu
	Spelt with seasonal vegetables	<i>Aromatic spiced rice</i>
	Baked omelette with cheese or vegetables	<i>Potato cream soup with turmeric</i>
	Green salad	<i>Chicken in curry sauce</i>
	Mixed salad	<i>Mixed salad</i>
	Roast mixed vegetables	<i>Sauteed vegetables with herbs</i>
Friday	Pasta with salmon	SCHOOL CLOSED
	Fish fingers	
	Green salad	
	Cabbage	
	Peas	
	Homemade dessert	
<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>		
		