



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU K3-K4-K5 S.Y. 2025/2026 valid from 04/05 to 15/05/26

	1st WEEK (4 - 8 May)	2nd WEEK (11 - 15 May)
Monday		
	Pasta with Bolognese meat sauce	Pasta with pesto sauce
	Baked omelette with cheese	Savory pie with cheese
	Steamed mixed vegetables	Mixed vegetables au gratin
Tuesday		
	Pasta with Trapani's pesto sauce	Pasta with tomato sauce, veggy milk cream & oregano
	Pork loin au gratin	Pork stew
	Green beans	Spinach
Wednesday		
	Pasta with San Daniele meat sauce	Saffron risotto
	Traditional sausage with polenta	Chicken bites in curry sauce
	Mixed vegetables	Roast mixed vegetables
Thursday		
	Pasta with tomato sauce & basil	Vietnamese rice
	Roast chicken bites	Banh mi
	Roast mixed vegetables	Mixed salad
Friday		
	Pasta with tuna sauce	Carrot cream soup
	Fish fingers	Pizza with tomato sauce & mozzarella cheese
	Steamed carrots	Roast zucchini
	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.

