



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU ELEMENTARY S.Y. 2026/2027 valid from 08/09 to 18/09/26

	1st WEEK (7 - 11 Sep.)	2nd WEEK (14 - 18 Sep.)
Monday	SCHOOL CLOSED	Pasta with tomato sauce & basil Frico Sauteed mixed vegetables
Tuesday	Pasta with pesto sauce Pork loin au gratin Roast mixed vegetables	Pasta with tomato sauce, veggy milk cream & oregano Pork meatballs Roast mixed vegetables
Wednesday	Pasta with tomato sauce & basil Chicken thighs in paprika sauce Sauteed mixed vegetables	Indian Menu Rice with spices Chicken in curry sauce Gayar matar
Thursday	Regional Menu from Emilia Pasta with Bolognese meat sauce Spinach & chard tart Emilia's Style Friggione	Ravioli in melted butter & sage sauce Baked omelette with cheese Roast mixed vegetables
Friday	Carrot cream soup Pizza with tomato sauce & mozzarella cheese Steamed mixed vegetables Homemade dessert	Pasta with tuna sauce Fish fingers Roast zucchini 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.		

