



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU K3-K4-K5 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 bites in paprika sauce Sauteed mixed vegetables	Rice with spices Chicken bites in curry sauce Green salad
Thursday	Pasta with Bolognese meat sauce Spinach & chard tart Emilia's Style Green salad	Pasta 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.		

