



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL 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 Pasta with garlic, oil & chili pepper Frico Green salad Mixed salad Sauteed mixed vegetables
Tuesday	Pasta with pesto sauce Barley with feta cheese, baby tomatoes & olives Pork loin au gratin Green salad Mixed salad Roast mixed vegetables	Pasta with tomato sauce, veggy milk cream & oregano Vegetable cream soup Pork meatballs Green salad Cabbage Roast mixed vegetables
Wednesday	Pasta with tomato sauce & basil Vegetable cream soup Chicken thighs in paprika sauce Mixed salad Tomatoes & carrots Sauteed mixed vegetables	Indian Menu <i>Rice with spices</i> <i>Cous cous</i> <i>Chicken in curry sauce</i> <i>Green salad</i> <i>Gayar matar</i>
Thursday	Regional Menu from Emilia <i>Pasta with Bolognese meat sauce</i> <i>Pumpkin soup Modena's Style</i> <i>Spinach & chard tart Emilia's Style</i> <i>Salad / Roast zucchini</i> <i>Friggione</i>	Ravioli in melted butter & sage sauce Barley with seasonal vegetables Baked omelette with cheese Salad & carrots Green salad Roast mixed vegetables
Friday	Carrot cream soup Pizza with tomato sauce & mozzarella cheese Mixed salad Green salad Steamed mixed vegetables Homemade dessert	Pasta with tuna sauce Fish fingers Mixed salad Grated carrots 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.	

