



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU ELEMENTARY S.Y. 2026/2027 valid from 21/09 to 02/10/26

	1st WEEK (21 - 25 Sep.)	2nd WEEK (28 Sep. - 2 Oct.)
Monday		
	Parmesan risotto	Saffron risotto
	Roast sausage	Potato & cheese pie
	Roast mixed vegetables	Sauteed mixed vegetables
Tuesday		
	Pasta with tomato sauce & basil	Pasta with tomato sauce & basil
	Roast pork loin	Pork meatballs
	Steamed mixed vegetables	Spinach
Wednesday		
	Pasta with pesto sauce	Pasta with tomato sauce, veggy milk cream & oregano
	Chicken bites in paprika sauce	Roast chicken
	Zucchini	Steamed mixed vegetables
Thursday		
	Pasta with Bolognese meat sauce	Pasta with Norcino's meat sauce
	Spinach & ricotta cheese pie	Valdostana tart
	Mixed vegetables au gratin	Steamed broccoli
Friday	American Menu	Kebab Menu
	<i>Carrot & potato cream soup</i>	<i>Plain rice</i>
	<i>Chicken nuggets</i>	<i>Beef kebab</i>
	<i>French fries</i>	<i>Mixed vegetables</i>
	Brownies	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.		

