



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU K3-K4-K5 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 bites
	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	Carrot & potato cream soup	Plain rice
	Chicken nuggets	Beef kebab
	French fries	Mixed vegetables
	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.		

