



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL 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
	Seasonal vegetable soup	Cous cous
	Roast sausage	Potato & cheese pie
	Green salad	Green salad
	Mixed salad	Mixed salad
	Roast mixed vegetables	Sauteed mixed vegetables
Tuesday	Pasta with tomato sauce & basil	Pasta with tomato sauce & basil
	Zucchini cream soup	Seasonal vegetable cream soup
	Roast pork loin	Pork meatballs
	Green salad	Green salad
	Salad & carrots	Mixed salad
	Steamed mixed vegetables	Spinach
Wednesday	Pasta with pesto sauce	Pasta with tomato sauce, veggy milk cream & oregano
	Mixed legumes soup	Spelt with vegetables
	Chicken bites in paprika sauce	Roast chicken
	Green salad	Green salad
	Mixed salad	Mixed salad
	Zucchini	Steamed mixed vegetables
Thursday	Pasta with Bolognese meat sauce	Pasta with Norcino's meat sauce
	Leek & cauliflower cream soup	Pasta with garlic & oil
	Spinach & ricotta cheese pie	Valdostana tart
	Green salad	Green salad
	Mixed salad	Tomatoes & cucumbers
	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>Spicy beans</i>
	<i>Mixed vegetables</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.		

