



THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2026/2027 valid from 19/10 to 30/10/26

	1st WEEK (19 - 23 Oct.)	2nd WEEK (26 - 30 Oct.)
Monday	Rice with sausage sauce	Pasta with Norcino's meat sauce
	Mixed legumes soup	Carrot cream soup
	Cheese savory pie	Gateau with cheese
	Green salad	Green salad
	Mixed salad	Mixed salad
	Roast mixed vegetables	Zucchini
Tuesday	Regional Menu from Umbria	Saffron risotto
	<i>Pasta with tomato sauce Umbria's Style</i>	Seasonal vegetable soup
	<i>Imbrecciata soup</i>	Beef meatballs
	<i>Stew Umbria's Style</i>	Green salad
	<i>Stewed lentils / Tomatoes Umbria's Style</i>	Tomatoes & carrots
	<i>Mixed salad</i>	Roast mixed vegetables
Wednesday	Pasta with tomato sauce & basil	Pasta with tomato sauce & basil
	Leek cream soup with croutons	Mixed legumes soup
	Chicken bites in curry sauce	Chicken in paprika sauce
	Green salad	Green salad
	Cabbage	Mixed salad
	Green beans	Green beans
Thursday	Pasta with Bolognese meat sauce	Pasta with pesto sauce
	Cous cous with vegetables	Seasonal vegetable cream soup
	Egg omelette with cheese & vegetables	Fish fingers
	Green salad	Mixed salad
	Mixed salad	Cabbage
	Sauteed mixed vegetables	Steamed mixed vegetables
Friday	Zucchini & potato cream soup	Halloween Menu
	Roast plaice fillets	<i>Witch's soup / Bloody fingers</i>
	Mixed salad	<i>Monter pizza</i>
	Grated carrots	<i>Mixed salad</i>
	Roast mixed vegetables	<i>Steamed mixed vegetables</i>
	Homemade dessert	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 different dish in case of allergies/intolerances Edited by the dietician of: Pedevilla S.p.A.		

