THE INTERNATIONAL SCHOOL OF TRIESTE

MENU MIDDLE&HIGH SCHOOL S.Y. 2026/2027
valid from 04/11 to 13/11/26

	1st WEEK (2 - 6 Nov.)	2nd WEEK (9 - 13 Nov.)
Monday	**SCHOOL CLOSED**	***Diwali Menu***
		Saffron risotto
		Lentils cream soup
		Chicken tikka masala
		Chickpeas / Aloo gobi
		Green salad
Tuesday	**SCHOOL CLOSED**	Pasta with tomato sauce & basil
		Zucchini cream soup
		Roast pork loin
		Mixed salad
		Salad & tomatoes
		Steamed green beans
Wednesday	Pasta with Norcino's meat sauce	Pasta with pesto sauce
	Seasonal vegetable cream soup	Mixed legumes soup
	Gateau with cheese	Spinach & ricotta cheese savory pie
	Green salad	Green salad
	Mixed salad	Mixed salad
	Steamed mixed vegetables	Sauteed mixed vegetables
Thursday	Parmesan risotto	Pasta with tomato sauce & bacon
	Leek cream soup with croutons	Seasonal vegetable soup
	Grandma's meatballs in tomato sauce	Frico
	Green salad	Green salad
	Salad & carrots	Grated carrots
	Roast mixed vegetables	Steamed mixed vegetables
Friday	Pasta with salmon	Pasta with tuna sauce
	Roast plaice fillets	Roast hake meatballs
	Mixed salad	Green salad
	Tomatoes	Mixed salad
	Mixed vegetables au gratin	Roast mixed vegetables
	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.