THE INTERNATIONAL SCHOOL OF TRIESTE

MENU EARLY CHILDHOOD K3-K4-K5 – S.Y. 2026/2027

valid from 04/11 to 27/11/26 / *valido dal 04/11 al 27/11/26*

	1st WEEK (2 - 6 Nov.) *1^ SETTIMANA (02 - 06 nov.)*	2nd WEEK (9 - 13 Nov.) *2^ SETTIMANA (09 - 13 nov.)*	3rd WEEK (16 - 20 Nov.) *3^ SETTIMANA (16 - 20 nov.)*	4th WEEK (23 - 27 Nov.) *4^ SETTIMANA (23 - 27 nov.)*
Monday / *Lunedì*	**SCHOOL CLOSED / *SCUOLA CHIUSA***	Starter of steamed vegetables / *Antipasto di verdure al vapore*	Starter of vegetables au gratin / *Antipasto di verdure gratinate*	Vegetable and barley cream soup / *Crema di verdura e orzo*
		Pasta with pesto sauce / *Pasta al pesto*	Rice with peas (or plain rice with sauteed peas) / *Risotto con piselli (o riso in bianco con piselli al tegame)*	Turkey escalope with potatoes/polenta / *Scaloppine di tacchino con patate/polenta*
		Roast chicken / *Pollo al forno*		Fresh vegetables / *Verdura cruda*
		Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*
Tuesday / *Martedì*	**SCHOOL CLOSED / *SCUOLA CHIUSA***	Bean and barley soup / *Minestra di fagioli e orzo*	Semolina in vegetable broth / *Semolino in brodo vegetale*	Starter of sauteed vegetables / *Antipasto di verdure spadellate*
		Egg omelette / *Frittata*	Chicken nuggets in milk sauce / *Bocconcini di pollo al latte spadellati*	Potato dumplings in butter and sage sauce / *Gnocchettti di patate al burro e salvia*
		Seasonal vegetables au gratin / *Verdure di stagione gratinate*	Fresh vegetables / *Verdura cruda*	Stracchino cheese / *Formaggio stracchino*
		Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*
Wednesday / *Mercoledì*	Starter of mixed cooked vegetables / *Antipasto di verdure miste cotte*	Starter of fresh vegetables / *Antipasto di verdure crude*	Starter of mixed steamed vegetables / *Antipasto di verdure miste al vapore*	Starter of fresh vegetables / *Antipasto di verdure crude*
	Semolina dumplings au gratin / *Gnocchi di semolino gratinati*	Pizza with tomato and mozzarella cheese / *Pizza margherita*	Pasta with tomato sauce / *Pasta al pomodoro*	Pasta with vegetables / *Pasta con verdura*
	Roast legume meatballs/stewed legumes / *Polpette di legumi al forno/legumi in umido*		Ricotta cheese meatballs / *Polpette di ricotta*	Stewed veal meatballs / *Polpette di vitello in umido*
	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*
Thursday / *Giovedì*	Vegetable soup with spelt / *Minestra di verdura con farro*	Starter of cooked vegetables / *Antipasto di verdure cotte*	Vegetable cream soup with pasta / *Crema di verdure e pastina*	Starter of vegetables au gratin / *Antipasto di verdure gratinate*
	Turkey stew / *Spezzatino di tacchino in umido*	Rice with vegetables / *Risotto di verdure*	Minced beef or stewed meatballs/meatballs in tomato sauce / *Macinato di manzo o polpette in umido/al pomodoro*	Lentil and cereal cream soup / *Passato di lenticchie e cereali*
	Potatoes/polenta and fresh vegetables / *Patate/polenta e verdure crude*	Roast pork loin / *Lonza di maiale arrosto*	Potatoes/polenta and fresh vegetables / *Patate/polenta e verdura cruda*	Egg omelette with spinach / *Frittata con spinaci*
	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*
Friday / *Venerdì*	Starter of vegetables au gratin / *Antipasto di verdure gratinate*	Vegetable cream soup with pasta / *Crema di verdure con pastina*	Starter of mixed fresh vegetables / *Antipasto di verdure miste crude*	Starter of mixed cooked vegetables / *Antipasto di verdure miste cotte*
	Cous Cous with vegetables / *Cous cous con verdure*	Roast cod / *Pesce merluzzo al forno*	Pasta with vegetables / *Pasta con verdure*	Rice with fish sauce (squid, cuttlefish, cod, etc...) / *Riso con ragù di pesce (calamari, seppioline, merluzzo, ecc..)*
	Hake au gratin / *Pesce nasello gratinato*	Potatoes and fresh vegetables / *Patate e verdura cruda*	Roast fish meatballs / *Polpettine di pesce al forno*	
	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*	Bread and fresh fruit / *Pane e frutta fresca*

Every day the detailed menu (including type of seasonal vegetables and fruit) will be displayed for reference. /
Ogni giorno sarà esposto il menù dettagliato (tipo di verdure e frutta di stagione) per la consultazione.

This menu is compliant with the provisions received by / *Questo menù è in linea con le indicazioni ricevute da*
ASUGI - SC Igiene Alimenti e Nutrizione