

MONDAY'**After school activities****First course**

PIZZA MARGHERITA
Whole wheat PASTA, RICOTTA and tomato sauce

Pizza margherita
Cheese

Raw vegetables - Fruit

Second course

Cold roast of TURKEY + raw vegetables
PORK with lemon sauce + raw or cooked vegetables

Dessert

FRUIT

TUESDAY**1st, 2nd, Primary and Nursery****First course**

SALAD of RICE
PASTA with raw tomato sauce

Pilaf Rice

Ham

Raw vegetables - Fruit

Second course

MOZZARELLA + raw vegetables
Grilled Escalope of TURKEY + raw or cooked vegetables

Dessert

FRUIT or yogurt

WEDNESDAY**First course**

PASTA with sauce of basil

Second course

TURKEY with rosemary + raw or cooked vegetables
VEGETABLES PIE + raw or cooked vegetables

Dessert

FRUIT

THURSDAY**1st, 2nd, Primary and Nursery****First course**

Vegetarian LASAGNE
BARLEY and EMMER with lentils and vegetables

Pasta with tomato sauce

TROUT hamburger with breadcrumbs

Cooked vegetables - Fruit

Second course

MEATLOAF + raw or cooked vegetables
CUTTLEFISH and potatoes + raw or cooked vegetables

Dessert

FRUIT or yoghurt or pudding

FRIDAY**First course**

PASTA, RICOTTA and COURGETTES
RICE pie with tomato sauce

Second course

TROUT fillet with fresh tomato + raw or cooked vegetables
VEAL with TUNA sauce + raw or cooked vegetables

Dessert

FRUIT

Information about the presence of substances or products causing allergies or intolerances are available by contacting the relevant staff of the kitchen and of the office.

WARNING: all dishes may contain traces of PEANUTS, DRIED FRUIT and derivatives and may contain traces of other allergens. Bakery products can also contain traces of milk and eggs.

DISHES PREPARED EVERY DAY :

FIRST COURSE: - PLAIN PASTA, PASTA with TOMATO sauce OR PILAF RICE (one of those)

or GREEN medium-sized bowl with MIXED SALAD or cold couscous (only Tuesday) or cold cereals and vegetables (only Friday)

SECOND COURSE: - CHEESE with raw vegetables (or HAM if cheese foreseen in menu))

or RED large-sized bowl with RAW VEGETABLES and BEANS or hardboiled EGG (on Monday) or TUNA (only Secondary school

on Thursday)

SIDE DISH : at least 2 kinds of cooked vegetables and 2 kinds of raw vegetables

EXCEPTIONNALLY AS DESSERT FRESH FRUIT SALAD, cooked FRUIT and or cake

MONDAY		<u>After school activities</u>
First course	RICE and POTATOES PASTA with tomato sauce and mozzarella	Pasta with tomato sauce Plaice with potatoes crust Raw vegetables – Fruit
Second course	TURKEY in breadcrumbs + raw or cooked vegetables OMELETTE with CHEESE + raw or cooked vegetables	
Dessert	FRUIT	

TUESDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	PASTA with raw tomato sauce* PLAIN PASTA	Plain pasta Cheese Raw vegetables - Pudding
Second course	MOZZARELLA with raw vegetables BEEF with rocket salad and grana + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	*at 12.15 replaced by tomato sauce and TUNA

WEDNESDAY	
First course	PASTA with CARBONARA of VEGETABLES
Second course	MIXED CHEESE + raw vegetables Rolls of aubergine and MEAT + raw or cooked vegetables
Dessert	FRUIT

THURSDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	Whole meal PASTA with vegetables PASTA with MEAT sauce	Rice and potatoes Pork sausage Cooked vegetables – Fruit
Second course	CHICKEN thigh + raw or cooked vegetables TROUT hamburger with tomato and fennel + raw or cooked vegetables	
Dessert	FRUIT or yoghurt or pudding	

FRIDAY	
First course	GNOCCHI of POTATOES with butter and sage PASTA with rocket pesto and bresaola
Second course	Cold roast of TURKEY + raw vegetables Roast VEAL with Rosemary + raw or cooked vegetables
Dessert	FRUIT

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SIDE DISH : at least 2 kinds of cooked vegetables and 2 kinds of raw vegetables

EXCEPTIONNALLY AS DESSERT FRESH FRUIT SALAD, cooked FRUIT and or cake

MONDAY**After school activities**

First course	GNOCCHI of POTATOES with tomato sauce RISOTTO with VEGETABLES	Plain pasta Chicken with lemon sauce Raw vegetables – Fruit
Second course	Dish with mixed raw vegetables and hardboiled egg Escalope of CHICKEN with Lemon + raw or cooked vegetables	
Dessert	FRUIT	

TUESDAY**1st, 2nd, Primary and Nursery**

First course	PIZZA MARGHERITA PASTA with cream of PEAS	Mashed potatoes TROUT hamburger in oven Cooked vegetables - Fruit
Second course	Roast of PORK with aromatic herbs + raw or cooked vegetables TROUT fillet with fresh tomato and dill + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	

WEDNESDAY

First course	PASTA with aubergines
Second course	RICOTTA cooked in oven + potatoes with parsley Escalope of TURKEY with lemon sauce + raw or cooked vegetables
Dessert	FRUIT

THURSDAY**1st, 2nd, Primary and Nursery**

First course	SALAD of RICE Whole wheat PASTA with ricotta and courgettes	Pizza Margherita Ham Raw vegetables - Fruit yoghurt
Second course	CHICKEN thigh with mustard and breadcrumbs + raw or cooked vegetables HAM and BRESAOLA with oil and lemon + raw vegetables	
Dessert	FRUIT or yoghurt or pudding	

FRIDAY

First course	PASTA with sauce of basil RICE and POTATOES
Second course	VEAL with tuna sauce + raw or cooked vegetables BEEF with fresh tomatoes and grana + raw or cooked vegetables
Dessert	FRUIT

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MONDAY		<u>After school activities</u>
First course	PASTA with MEAT sauce RISOTTO with SAFFRON	Gnocchi with tomato sauce Hamburger of beef Raw vegetables – Fruit
Second course	MIXED CHEESE with raw vegetables VEAL (pieces) + raw or cooked vegetables	
Dessert	FRUIT	

TUESDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	Whole wheat PASTA with raw tomato sauce PASTA with sauce of basil with green beans	Pilaf rice with tomato sauce Omelette Raw vegetables - Fruit
Second course	HAMBURGER of beef + raw or cooked vegetables PLAICE in breadcrumbs + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	

WEDNESDAY	
First course	CANNELLONI with ricotta and parsley
Second course	FRESH CHEESE + raw vegetables CHICKEN and TURKEY kebabs + raw or cooked vegetables
Dessert	FRUIT

THURSDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	SALAD of PASTA RAVIOLI with ricotta cheese and spinach	Plain pasta Chicken drumstick Roasted Potatoes –apple puree
Second course	TURKEY in breadcrumbs + cooked or raw vegetables OMELETTE + cooked or raw vegetables	
Dessert	FRUIT or yoghurt or pudding	

FRIDAY	
First course	RISOTTO with VEGETABLES PASTA and CHICKPEAS
Second course	CUTTLEFISH + cooked or raw vegetables Roast CHICKEN + cooked or raw vegetables
Dessert	FRUIT

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