

# WINTER MENU WEEK 1

<b>MONDAY'</b>		<b><u>After school activities</u></b>
<b>First course</b>	Whole wheat <i>PASTA tomato sauce and mozzarella</i> MINISTRONE with rice and lentils	Plain pasta Omelette Raw vegetables - Fruit
<b>Second course</b>	<i>Stewed BEEF with carrots + raw or cooked vegetables</i> CHICKEN thigh with breadcrumbs and mustard + raw or cooked vegetables	
<b>Dessert</b>	FRUIT	

<b>TUESDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	<i>PASTA, RICOTTA and BASIL</i> PASTA with TOMATO sauce	Pizza Margherita Ham Raw vegetables - Fruit yoghurt
<b>Second course</b>	<i>Cutlet of TURKEY in breadcrumbs + raw or cooked vegetables</i> OMELETTE with potatoes + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>	
<b>First course</b>	<i>RISOTTO with SAFFRON</i>
<b>Second course</b>	<i>CHICKPEE Dumplings + raw or cooked vegetables</i> VEAL stew + raw or cooked vegetables
<b>Dessert</b>	FRUIT

<b>THURSDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	<i>LASAGNE with meat sauce</i> PASTA and BEANS	Soup of pasta and beans Turkey with aromatic herbs Cooked vegetables - Fruit
<b>Second course</b>	<i>MOZZARELLA + raw vegetables</i> TURKEY with aromatic herbs + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt or pudding	

<b>FRIDAY</b>	
<b>First course</b>	<i>PASTA with BROCCOLI</i> GNOCCHI of POTATOES with butter and sage
<b>Second course</b>	Browned FLOUNDER + raw or cooked vegetables BEEF with chicory and grana cheese + raw or cooked vegetables
<b>Dessert</b>	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**

**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 cereals and vegetables (only Tuesday)
- 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 FRUITSALAD, cooked FRUIT and or cake

## WINTER MENU WEEK 2

<b>MONDAY</b>		<b><u>After school activities</u></b>
<b>First course</b>	PASTA with CHICKPEAS Plain PASTA	Pizza Margherita Ham Raw vegetables - Fruit
<b>Second course</b>	Pork SAUSAGE + raw or cooked vegetables TURKEY in breadcrumbs + raw or cooked vegetables	
<b>Dessert</b>	FRUIT	

<b>TUESDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	PIZZA MARGHERITA VEGETABLE SOUP	Pasta with tomato sauce Chicken drumstick Roasted potatoes - apple puree
<b>Second course</b>	MIXED CHEESE + raw vegetables MEATLOAF + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>	
<b>First course</b>	GNOCCHI of semolina
<b>Second course</b>	White MEAT kebabs + raw or cooked vegetables VEGETABLES PIE + raw or cooked vegetables
<b>Dessert</b>	FRUIT

<b>THURSDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	Whole wheat PASTA, tomato sauce and ricotta Mashed POTATOES	Mashed potatoes Cod with lemon sauce Cooked vegetables - Fruit
<b>Second course</b>	FLOUNDER in breadcrumbs + raw or cooked vegetables VEAL stew + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt or pudding	

<b>FRIDAY</b>	
<b>First course</b>	PASTA with carbonara of VEGETABLES POLENTA (thick maize porridge)
<b>Second course</b>	RICOTTA cooked in oven + potatoes and parsley MEAT sauce + raw or cooked vegetables
<b>Dessert</b>	FRUIT

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

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 FRUITSALAD, cooked FRUIT and or cake

## WINTER MENU WEEK 3

<b>MONDAY</b>		<u><b>After school activities</b></u>
<b>First course</b>	GNOCCHI of POTATOES with tomato sauce RICE with PEAS	Pilaf rice with tomato sauce Flounder in breadcrumbs Raw vegetables - Fruit
<b>Second course</b>	PORK stew with curry and coconut + raw or cooked vegetables Grilled TURKEY + raw or cooked vegetables	
<b>Dessert</b>	FRUIT	

<b>TUESDAY</b>		<u><b>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</b></u>
<b>First course</b>	PASTA with with broccoli cream and speck PASTA with tomato sauce	Plain pasta Omelette Cooked vegetables - Pudding
<b>Second course</b>	Roast TURKEY + raw or cooked vegetables TROUT burger with lemon sauce + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>	
<b>First course</b>	PASTA with white meat sauce
<b>Second course</b>	FISH **+ raw or cooked vegetables LEEK and CHEESE pie + raw or cooked vegetables
<b>Dessert</b>	FRUIT <span style="color: red;">** the fish served depends on the availability and the precise recipe will be put on on the notice board</span>

<b>THURSDAY</b>		<u><b>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</b></u>
<b>First course</b>	MINESTRONE with rice and lentils LASAGNE with white meat sauce	Minestrone with rice and lentils Hamburger raw vegetables - Fruit
<b>Second course</b>	Roast PORK with rosemary sauce + raw or cooked vegetables MOZZARELLA + raw vegetables	
<b>Dessert</b>	FRUIT or yoghurt or pudding	

<b>FRIDAY</b>	
<b>First course</b>	Whole wheat PASTA with TOMATO sauce GNOCCHI of semolina
<b>Second course</b>	OMELETTE with CHEESE + raw or cooked vegetables Roast CHICKEN + raw or cooked vegetables
<b>Dessert</b>	FRUIT

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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 :**

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## WINTER MENU WEEK 4

<b>MONDAY</b>		<b><u>After school activities</u></b>
<b>First course</b>	<i>RISOTTO with CURRY</i> <i>PIZZA Margherita</i>	Pasta with tomato sauce Roast turkey Raw vegetables - Fruit
<b>Second course</b>	<i>PORK with milk sauce + raw or cooked vegetables</i> <i>Grilled TURKEY + raw or cooked vegetables</i>	
<b>Dessert</b>	FRUIT	

<b>TUESDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	Whole wheat <i>PASTA, tomato sauce and ricotta</i> <i>PASTA au gratin</i>	Gnocchi of potatoes + tomato sauce Flounder in breadcrumbs Cooked vegetables - Fruit
<b>Second course</b>	<i>FLOUNDER in breadcrumbs + raw or cooked vegetables</i> <i>Roasted CHICKEN thigh + raw or cooked vegetables</i>	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>		
<b>First course</b>	<i>PIZZOCCHERI (pasta of buckwheat flour; potatoes, cabbage and cheese)</i>	
<b>Second course</b>	<i>Dumplings of LEGUMES + raw or cooked vegetables</i> <i>BEEF with vegetables + raw or cooked vegetables</i>	
<b>Dessert</b>	FRUIT	

<b>THURSDAY</b>		<b><u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u></b>
<b>First course</b>	<i>RAVIOLI with ricotta and spinach in broth</i> <i>PASTA with white MEAT sauce</i>	Raviolini with ricotta and spinach in broth Pork sausage Raw vegetables - Fruit
<b>Second course</b>	<i>PORK sausage + raw or cooked vegetables</i> <i>OMELETTE + raw or cooked vegetables</i>	
<b>Dessert</b>	FRUIT or yoghurt or pudding	

<b>FRIDAY</b>		
<b>First course</b>	<i>RISOTTO with SAFFRON</i> <i>SOUP of PULSES and CEREALS</i>	
<b>Second course</b>	<i>Roast VEAL with lemon and thyme + raw or cooked vegetables</i> <i>FLOUNDER potatoes crust + raw or cooked vegetables</i>	
<b>Dessert</b>	FRUIT	

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