

SUMMER MENU - WEEK 1

MONDAY'		<u>After school activities</u>
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		<u>1st, 2nd, Primary and Nursery</u>
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		<u>1st, 2nd, Primary and Nursery</u>
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	PLAICE in breadcrumbs + 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 FRUITSALAD, cooked FRUIT and or cake

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SUMMER MENU - WEEK 2

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 Fish recipe + 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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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

school year 2020-2021

SUMMER MENU - WEEK 3

MONDAY		<u>After school activities</u>
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		<u>1st, 2nd, Primary and Nursery</u>
First course	PIZZA MARGHERITA PASTA with cream of PEAS	Mashed potatoes Fish Cooked vegetables - Fruit
Second course	Roast of PORK with aromatic herbs + raw or cooked vegetables Fish recipe+ 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		<u>1st, 2nd, Primary and Nursery</u>
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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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

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SUMMER MENU - WEEK 4

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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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

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