

# WINTER MENU WEEK 1

## MONDAY'

### First course

Whole wheat *PASTA tomato sauce and mozzarella*  
MINISTRONE with rice and lentils

### After school activities

Plain pasta  
Omelette  
Raw vegetables - Fruit

### Second course

*Stewed BEEF with carrots + raw or cooked vegetables*  
CHICKEN thigh with breadcrumbs and mustard + raw or cooked vegetables

### Dessert

FRUIT

## TUESDAY

### First course

*PASTA, RICOTTA and BASIL*  
PASTA with TOMATO sauce

### 1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery

Pizza Margherita  
Ham  
Raw vegetables - Fruit yoghurt

### Second course

*Cutlet of TURKEY in breadcrumbs + raw or cooked vegetables*  
OMELETTE with potatoes + raw or cooked vegetables

### Dessert

FRUIT or yoghurt

## WEDNESDAY

### First course

*RISOTTO with SAFFRON*

### Second course

*CHICKPEE Dumplings + raw or cooked vegetables*  
VEAL stew + raw or cooked vegetables

### Dessert

FRUIT

## THURSDAY

### First course

*LASAGNE with meat sauce*  
PASTA and BEANS

### 1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery

Soup of pasta and beans  
VEAL tip with filling (veal + pork)  
Cooked vegetables - Fruit

### Second course

*MOZZARELLA + raw vegetables*  
VEAL tip with filling (veal + pork) + raw or cooked vegetables

### Dessert

FRUIT or yoghurt or pudding

## FRIDAY

### First course

*PASTA with BROCCOLI*  
GNOCCHI of POTATOES with butter and sage

### Second course

TROUT fillet with lemon + raw or cooked vegetables  
BEEF with chicory and grana cheese + 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 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

school year 2019-2020

## 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 TROUT hamburger in bread crumbs Cooked vegetables - Fruit
<b>Second course</b>	TROUT hamburger 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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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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## WINTER MENU WEEK 3

<b>MONDAY</b>		<u><b>After school activities</b></u>
<b>First course</b>	<i>GNOCCHI of POTATOES with tomato sauce</i> RICE with PEAS	Pilaf rice with tomato sauce TROUT hamburger with lemon Raw vegetables - Fruit
<b>Second course</b>	<i>PORK stew with curry and coconut + raw or cooked vegetables</i> 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>	<i>PASTA with with broccoli cream and speck</i> PASTA with tomato sauce	Plain pasta Omelette Cooked vegetables - Pudding
<b>Second course</b>	<i>Roast TURKEY + raw or cooked vegetables</i> TROUT burger with lemon sauce + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>	
<b>First course</b>	<i>PASTA with white meat sauce</i>
<b>Second course</b>	<i>SALMON escalope + raw or cooked vegetables</i> LEEK and CHEESE pie + raw or cooked vegetables
<b>Dessert</b>	FRUIT

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

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

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## WINTER MENU WEEK 4

<b>MONDAY</b>		<b><u>After school activities</u></b>
<b>First course</b>	RISOTTO with CURRY PIZZA Margherita	Pasta with tomato sauce Roast turkey Raw vegetables - Fruit
<b>Second course</b>	PORK with milk sauce + raw or cooked vegetables Grilled TURKEY + 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>	Whole wheat PASTA, tomato sauce and ricotta PASTA au gratin	Gnocchi of potatoes + tomato sauce TROUT fillet with lemon Cooked vegetables - Fruit
<b>Second course</b>	TROUT fillet with lemon + raw or cooked vegetables Roasted CHICKEN thigh + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt	

<b>WEDNESDAY</b>	
<b>First course</b>	PIZZOCCHERI (pasta of buckwheat flour; potatoes, cabbage and cheese)
<b>Second course</b>	Dumplings of LEGUMES + raw or cooked vegetables BEEF with vegetables + 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>	RAVIOLI with ricotta and spinach in broth PASTA with white MEAT sauce	Raviolini with ricotta and spinach in broth Pork sausage Raw vegetables - Fruit
<b>Second course</b>	PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables	
<b>Dessert</b>	FRUIT or yoghurt or pudding	

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

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