	WINTER MENU WEEK	1
MONDAY' First course	Whole wheat <i>PASTA tomato sauce and mozzarel</i> MINESTRONE with rice and lentils	Omelette Raw vegetables - Fruit
Second course	Stewed BEEF with carrots + raw or cooked vegetables CHICKEN thigh with breadcrumbs and mustard +	
Dessert	FRUIT	
TUESDAY		1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
First course	PASTA, RICOTTA and BASIL PASTA with TOMATO sauce	Pizza Margherita Ham Raw vegetables - Fruit yoghurt
Second course	Cutlet of TURKEY in breadcrumbs + raw or cooked v OMELETTE with potatoes + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	
WEDNESDAY		
First course	RISOTTO with SAFFRON	
Second course	CHICKPEE Dumplings + raw or cooked vegetable VEAL stew + raw or cooked vegetables	25
Dessert	FRUIT	
THURSDAY		st and
First course	LASAGNE with meat sauce PASTA and BEANS	<u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u> Soup of pasta and beans VEAL tip with filling (veal + pork) Cooked vegetables - Fruit
Second course	<i>MOZZARELLA + raw vegetables</i> VEAL tip with filling (veal + pork) + raw or cooked veg	_
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 cooke	ed 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

## WINTER MENU WEEK 2

MONDAY		After school activities
First course	PASTA with CHICKPEAS	Pizza Margherita
	Plain PASTA	Ham
		Raw vegetables - Fruit
Second course	Pork SAUSAGE + raw or cooked vegetables	
	TURKEY in breadcrumbs + raw or cooked vegetab	bles
Dessert	FRUIT	
TUESDAY		
		1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
First course	PIZZA MARGHERITA	Pasta with tomato sauce
	VEGETABLE SOUP	Chicken drumstick
	VEGETABLE SOUP	
		Roasted potatoes - apple puree
Second course	MIXED CHEESE + raw vegetables	
	MEATLOAF + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	
	· ·	
WEDNESDAY		
ILDILLODA I		
First course	GNOCCHI of semolina	
First course	GNOCCHI of semolina	
Second course	White MEAT kebabs + raw or cooked vegetables	
	VEGETABLES PIE + raw or cooked vegetables	
Dessert	FRUIT	
THURSDAY		
		1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
First course	Whole wheat PASTA, tomato sauce and ricotta	Mashed potatoes
	Mashed POTATOES	TROUT hamburger in bread crumbs
	WIASHEU FUTATUES	2
0		Cooked vegetables - Fruit
Second course	TROUT hamburger in breadcrumbs + raw or cooked	vegetables
	VEAL stew + raw or cooked vegetables	
Dessert	FRUIT or yoghurt or pudding	
FRIDAY		
First course	PASTA with carbonara of VEGETABLES	
	POLENTA (thick maize porridge)	
Second course	RICOTTA cooked in oven + potatoes and parsley	
	MEAT sauce + raw or cooked vegetables	
	-	
Dessert	FRUIT	
	-	

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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	

**EXCEPTIONNALY** AS DESSERT FRESH FRUITSALAD, cooked FRUIT and or cake

school year 2019-2020

WINTER MENU WEEK 3		
<i>MONDAY</i> First course	GNOCCHI of POTATOES with tomato sauce RICE with PEAS	<u>After school activities</u> Pilaf rice with tomato sauce TROUT hamburger with lemon Raw vegetables - Fruit
Second course	PORK stew with curry and coconut + raw or coo Grilled TURKEY + raw or cooked vegetables	
Dessert	FRUIT	
TUESDAY		
First course	PASTA with with broccoli cream and speck PASTA with tomato sauce	<u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u> Plain pasta Omelette Cooked vegetables - Pudding
Second course	Roast TURKEY + raw or cooked vegetables TROUT burger with lemon sauce + raw or cooked v	
Dessert	FRUIT or yoghurt	
WEDNESDAY		
First course	PASTA with white meat sauce	
Second course	SALMON escalope + raw or cooked vegetables LEEK and CHEESE pie + raw or cooked vegeta	
Dessert	FRUIT	
THURSDAY		
First course	MINESTRONE with rice and lentils LASAGNE with white meat sauce	<u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u> Minestrone with rice and lentils Hamburger
Second course	Roast PORK with rosemary sauce + raw or cooked MOZZARELLA + raw vegetables	raw vegetables - Fruit I vegetables
Dessert	FRUIT or yoghurt or pudding	
FRIDAY		
First course	Whole wheat PASTA with TOMATO sauce GNOCCHI of semolina	
Second course	OMELETTE with CHEESE + raw or cooked veg Roast CHICKEN + raw or cooked vegetables	etables
Dessert	FRUIT	

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or GREEN medium-size	ed 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 bow	I 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

## WINTER MENU WEEK 4

MONDAY First course Second course Dessert TUESDAY First course Second course	RISOTTO with CURRY PIZZA Margherita PORK with milk sauce + raw or cooked vegetable Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta PASTA au gratin	After school activities Pasta with tomato sauce Roast turkey Raw vegetables - Fruit s <u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u> Gnocchi of potatoes + tomato sauce
Second course Dessert <i>TUESDAY</i> First course	PIZZA Margherita PORK with milk sauce + raw or cooked vegetable Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta	Roast turkey Raw vegetables - Fruit <i>s</i> <u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u>
Dessert TUESDAY First course	PORK with milk sauce + raw or cooked vegetable Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta	Raw vegetables - Fruit s <u>1<sup>st</sup>, 2<sup>nd</sup>, Primary and Nursery</u>
Dessert TUESDAY First course	Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta	s 1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
Dessert <i>TUESDAY</i> First course	Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta	s 1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
<i>TUESDAY</i> First course	Grilled TURKEY + raw or cooked vegetables FRUIT Whole wheat PASTA, tomato sauce and ricotta	1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
<i>TUESDAY</i> First course	FRUIT Whole wheat PASTA, tomato sauce and ricotta	
<i>TUESDAY</i> First course	Whole wheat PASTA, tomato sauce and ricotta	
<i>TUESDAY</i> First course	Whole wheat PASTA, tomato sauce and ricotta	
First course		
First course		
Second course		TROUT fillet with lemon
Second course		Cooked vegetables - Fruit
	TROUT fillet with lemon + raw or cooked vegetables	Cooked vegetables - I fuit
	Roasted CHICKEN thigh + raw or cooked vegetables	
	Roasted Chicken thigh + law of cooked vegetables	
Dessert	FRUIT or yoghurt	
Dessen		
WEDNESDAY		
WEDNESDAT		
Eirot course	DIZZOCOLIEDI (nonto of hundruhant flouri notator	a apphage and chases)
First course	PIZZOCCHERI (pasta of buckwheat flour; potatoe	es, cabbage and cheese)
Cocond course	Dumplings of LECLIMES , row or cooked veget	hlas
Second course	Dumplings of LEGUMES + raw or cooked vegeta	
	BEEF with vegetables + raw or cooked vegetables	S
Decert		
Dessert	FRUIT	
TUUDODAY		
THURSDAY		ast and D
		1 <sup>st</sup> , 2 <sup>nd</sup> , Primary and Nursery
<i>THURSDAY</i> First course	•	violini with ricotta and spinach in broth
	RAVIOLI with ricotta and spinach in broth Ra PASTA with white MEAT sauce	violini with ricotta and spinach in broth Pork sausage
First course	PASTA with white MEAT sauce	violini with ricotta and spinach in broth
	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables	violini with ricotta and spinach in broth Pork sausage
First course	PASTA with white MEAT sauce	violini with ricotta and spinach in broth Pork sausage
First course Second course	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables	violini with ricotta and spinach in broth Pork sausage
First course	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables	violini with ricotta and spinach in broth Pork sausage
First course Second course	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding RISOTTO with SAFFRON	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert FRIDAY	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert FRIDAY	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding RISOTTO with SAFFRON	violini with ricotta and spinach in broth Pork sausage
First course Second course Dessert FRIDAY	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding RISOTTO with SAFFRON	aviolini with ricotta and spinach in broth Pork sausage Raw vegetables - Fruit
First course Second course Dessert <i>FRIDAY</i> First course	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding RISOTTO with SAFFRON SOUP of PULSES and CEREALS	ed vegetables
First course Second course Dessert <i>FRIDAY</i> First course	PASTA with white MEAT sauce PORK sausage + raw or cooked vegetables OMELETTE + raw or cooked vegetables FRUIT or yoghurt or pudding RISOTTO with SAFFRON SOUP of PULSES and CEREALS Roast VEAL with lemon and thyme + raw or cooke	ed vegetables
	PAVIOL L with rights and animash in broth	

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