

WINTER MENU WEEK 1

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

TUESDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	<i>PASTA, RICOTTA and BASIL</i> PASTA with TOMATO sauce	Plain Pasta Omelette Coodek vegetables - Pudding
Second course	<i>Cutlet of TURKEY in breadcrumbs + raw or cooked vegetables</i> OMELETTE with potatoes + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	

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

THURSDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	<i>LASAGNE with meat sauce</i> PASTA and BEANS	Soup of pasta and beans Mozzarella Raw vegetables - Fruit
Second course	<i>MOZZARELLA + raw vegetables</i> VEAL tip with filling (veal + pork) + raw or cooked vegetables	
Dessert	FRUIT or yoghurt or pudding	

FRIDAY	
First course	<i>PASTA with BROCCOLI</i> 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

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

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

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

THURSDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	Whole wheat <i>PASTA, tomato sauce and ricotta</i> Mashed POTATOES	Mashed potatoes Fish Sticks Cooked vegetables - Fruit
Second course	<i>TROUT hamburger in breadcrumbs + raw or cooked vegetables</i> <i>VEAL stew + raw or cooked vegetables</i>	
Dessert	FRUIT or yoghurt or pudding	

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

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WINTER MENU WEEK 3

MONDAY

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

TUESDAY

First course	<i>PASTA with with broccoli cream and speck</i> PASTA with tomato sauce	<u>1st, 2nd, Primary and Nursery</u> Pizza Margherita Ham Raw vegetables – Fruit Yoghurt
Second course	<i>Roast TURKEY + raw or cooked vegetables</i> TROUT Fillet with lemon sauce + raw or cooked vegetables	
Dessert	FRUIT or yoghurt	

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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WINTER MENU WEEK 4

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

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

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

THURSDAY		<u>1st, 2nd, Primary and Nursery</u>
First course	<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
Second course	<i>PORK sausage + raw or cooked vegetables</i> <i>OMELETTE + raw or cooked vegetables</i>	
Dessert	FRUIT or yoghurt or pudding	

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

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