

WINTER MENU 16th – 20th January 2023

Monday 16th January 2023		Extra Curricular activities
First courses	PASTA with BEANS (1) PASTA with TOMATO SAUCE (1)	Pasta with tomato sauce Turkey Roast and green beans
Second courses	TURKEY ROAST (1,3) + RAW or COOKED* VEGETABLES HAM and CHEESE (3) + RAW OR COOKED* VEGETABLES	Apple
Daily Salad	with MOZZARELLA and OLIVES (3)	
Vegetarian course	VEGAN BURGER	
Dessert	FRUIT	
Tuesday 17th January 2023		Nursery, P1-P2
First courses	PASTA with TOMATO SAUCE and MEAT (1) PASTA with CREAM and HAM (1,3)	Pasta with cream and ham Hamburger and carrots
Second courses	OMELETTE with VEGETABLES (2,3)+ RAW or COOKED* VEGETABLES BEEF HAMBURGER* + RAW or COOKED* VEGETABLES	Yogurt
Daily Salad	with HAM and CHEESE (3)	
Vegetarian course	HARD-BOILED EGGS with RAW VEGETABLES (2)	
Dessert	FRUIT	
Wednesday 18th January 2023 CANTEEN CLOSED		
Thursday 19th January 2023		Nursery, P1-P2
First courses	VEGETABLES SOUP with PASTA (1,10) PASTA with PESTO SAUCE (1,2,3,12,13)	Vegetables Soup with Pasta Pork roast and courgettes
Second courses	PORK ROAST (3) + RAW or COOKED* VEGETABLES MEAT KABABS + RAW or COOKED* VEGETABLES	Tangerine
Daily Salad	with TUNA and OLIVES (5)	
Vegetarian course	OMELETTE (2,3)	
Dessert	FRUIT or YOGURT (3)	
Friday 20th January 2023		
First courses	PASTA with NUTS SAUCE (1,3,12,13) PASTA with TUNA (1,5)	
Second courses	MEATBALLS (1,2,3) + RAW or COOKED VEGETABLES* GRILLED SAUSAGES + RAW OR COOKED VEGETABLES*	
Daily Salad	with GRILLED CHICKEN	
Vegetarian course	FRESH CHEESE and TOMATOES (3)	
Dessert	FRUIT	

*PRODUCTS OF FROZEN ORIGIN

ALLERGENICS USED IN THE MENUS:

1- GLUTINE	Cereals containing GLUTEN
2-UOVA	EGGS and derivatives
3- LATTE	MILK and derivatives
4- CROSTACEI	SHELLFISH and derivatives
5- PESCE	FISH and derivatives
6- MOLLUSCHI	MOLLUSCS and derivatives
7- SESAMO	SESAME seeds and derivatives
8- SENAPE	MUSTARD and derivatives
9- SOIA	SOYA and derivatives
10- SEDANO	CELERY and derivatives
11- SOLFITI	SULPHUR DIOXIDE and SULPHITES
12- ARACHIDI	PEANUT and derivatives
13- FRUTTA A GUSCIO	NUTS (almond, hazelnut, walnut, pistachio, etc) and derivatives
14- LUPINI	LUPIN and derivatives

COURSES PREPARED EVERY DAY:

FIRST COURSES – PLAIN PASTA OR WITH TOMATO SAUCE OR PLAIN RICE

SECOND COURSES – CHEESE OR HAM (dish) OR DAILY SALAD (for example with hard-boiled eggs or tuna,...) (red bowl) + SALAD (green bowl) and VEGETARIAN COURSE (for example with vegetarian burger or meatballs or vegetables pie...)

OCCASIONALLY AS DESSERT – FRUIT SALAD OR CAKE OR ICE CREAM