

## WINTER MENU 09<sup>th</sup> – 13<sup>th</sup> January 2023

<b>Monday 9<sup>th</sup> January 2023</b>		<b>Extra Curricular activities</b>
<b>First courses</b>	RICE with OIL AND CHEESE (3) PASTA with HAM and CREAM (1,3)	Rice with oil and cheese Roast of pork and carrots
<b>Second courses</b>	ROAST OF PORK (1,3) + RAW or COOKED* VEGETABLES OMELETTE with VEGETABLES (2,3) + RAW or COOKED *VEGETABLES	Apple
<b>Daily Salad</b>	with HAM and GREEN BEANS	
<b>Vegetarian course</b>	VEGETABLES BURGER	
<b>Dessert</b>	FRUIT	
<b>Tuesday 10<sup>th</sup> January 2023</b>		<b>Nursery, P1-P2</b>
<b>First courses</b>	PASTA with TOMATO SAUCE and RICOTTA (1,3) LASAGNE with TOMATO SAUCE and MOZZARELLA (1,2,3)	Pasta with oil and cheese Beef stew and courgettes
<b>Second courses</b>	BEEF STEW CRISPY PANCAKES with TOMATO SAUCE and MOZZARELLA*(1,2,3)	Tangerine
<b>Daily Salad</b>	with MOZZARELLA and OLIVES (3)	
<b>Vegetarian course</b>	OMELETTE (2,3)	
<b>Dessert</b>	FRUIT	
<b>Wednesday 11<sup>th</sup> January 2023      CANTEEN CLOSED</b>		
<b>Thursday 12<sup>th</sup> January 2023</b>		<b>Nursery, P1-P2</b>
<b>First courses</b>	VEGETABLE SOUP with RICE (10) PASTA with CREAM and TOMATO SAUCE (1,3)	Vegetable soup with rice Fish sticks and broccoli
<b>Second course</b>	BRESAOLA + RAW or COOKED* VEGETABLES FISH STICKS* (1,2,5) + RAW or COOKED* VEGETABLES	Pudding
<b>Daily Salad</b>	with SPECK and CHEESE (3)	
<b>Vegetarian course</b>	HARD-BOILED EGGS and RAW VEGETABLES	
<b>Dessert</b>	FRUIT or PUDDING (3)	
<b>Friday 13<sup>th</sup> January 2023</b>		
<b>First courses</b>	PASTA with FOUR TYPE of CHEESE (1,3) PASTA with TOMATO SAUCE and OLIVES (1)	
<b>Second courses</b>	ROLLS with HAM and CHEESE (3) + RAW or COOKED* VEGETABLES* MEAT KEBABS + RAW or COOKED* VEGETABLES	
<b>Daily Salad</b>	with TUNA and EGGS (2,5)	
<b>Vegetarian course</b>	VEGAN BURGER	
<b>Dessert</b>	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