



# THE INTERNATIONAL SCHOOL OF TRIESTE

	1st WEEK (27-31 May)	2nd WEEK (03-06 June)	3rd WEEK (10-12 June)
Monday	Pasta with tomato sauce & oregano	Pasta with pesto sauce	Pasta with tomato sauce
	Mozzarella cheese	Stracchino cheese	Soft cheese
	Green salad	Tomatoes	Carrots
Tuesday	Pasta in butter sauce	Pasta with ham sauce	Pasta with tomato sauce, veggy cream & oregano
	Pork stew with potatoes	Spinach & ricotta cheese tart	Turkey nuggets with vegetables
	Zucchini	Mixed roast vegetables	Green salad
Wednesday	Pasta with tomato sauce	Pasta with tomato sauce & basil	Parmesan risotto
	Roast chicken nuggets	Beef rags with potatoes	Roast pork loin
	Roast potatoes	Salad & carrots	Green beans au gratin
Thursday	Pasta in butter & sage sauce	Saffron risotto	<b>SCHOOL CLOSED</b>
	Praga cooked ham	Baked omelette with cheese	
	Green salad	Steamed chard	
Friday	Pasta with olive oil	Zucchini cream soup	<b>SCHOOL CLOSED</b>
	Fish fingers	Pizza with tomato sauce & mozzarella cheese	
	Green beans au gratin	Steamed baby carrots	
	<i>Chocolate salami</i>	<i>Cocoa sponge cake</i>	

Every day it is possible to substitute the first course with pasta/rice plain or with tomato sauce

Every day it is possible to substitute the second course with a cold dish

Edited by the dietician of:

Pedevilla S.p.A.

