INTERNATIONAL SCHOOL OF TRIESTE

MENU ELEMENTARY – S.Y. 2024/2025 valid from 11/11 to 13/12/24

	1st WEEK (11-15 Nov.)	2nd WEEK (18-22 Nov.)	3rd WEEK (25-29 Nov.)	4th WEEK (2-6 Dec.)	5th WEEK (9-13 Dec.)
a	Pasta with tomato sauce	Baked veggy pasta	Milanese risotto	Pasta with tomato sauce	Pasta with pesto sauce
Monday	Robiola cheese	Montasio cheese	Mozzarella cheese	Stracchino cheese	Asiago cheese
ž	Steamed vegetables	Steamed fennels	Steamed green beans	Steamed vegetables	Grated carrots
		French Menu		Sarmatian Menu	
Tuesday	Pasta with speck & mascarpone cream	Potage parmentier (leek, potatoes & cream soup)	Pasta alla sorrentina (with tomato sauce & mozzarella)	Pelmeni (meat dumplings)	Baffo's pasta (cream, tomatoes & ham)
BSG	Pork loin	Quiche lorraine (savoury pie)	Beef hamburger	Buzhenina (roast meat)	Pork stew
Ê,	Steamed chard	Ratatouille nicoise (stewed vegetables)	Mixed vegetables au gratin	Potatoes in smetana sauce	Mixed salad
≥	Regional Menu from Sardinia				Eternal City Menu
sda	Fregula with tomato sauce	Carbonara pasta (with eggs & bacon)	Pasta with tomato sauce, veggy milk cream & oregano	Pasta with tomato sauce & ricotta cheese	Zozzona's pasta (tomatoes, bacon, cheese & egg cream)
Ĕ.	Chicken a succhittu (capers and olives)	Chicken with pesto sauce	Ricotta cheese & spinach pie	Roast chicken thighs	Porchetta ham Rome style
Wednesday	Sardinian artichokes	Steamed spinach	Mixed gratinate vegetables	Mixed roast vegetables	Sauteed chicory
>					
			Thanksgiving Menu		
da y	Pasta with pesto sauce	Pasta with tomato sauce	Pumpkin soup with crunchy bacon	Risotto with sausages	Pasta with Norcino's meat sauce (with sausages & minced pork meat)
Ĩ	Praga cooked ham	Baked omelette with cheese	Roasted turkey with cranberry sauce	Bresaola	Turkey ham
Thursday	Brussels sprouts	Steamed carrots	Casserole / Mashed potatoes	Sauteed savoy cabbage	Stewed potatoes
_			Homemade dessert		
≥	Pasta with tuna sauce	Potatoes & carrots cream soup	Pasta with salmon	Zucchini cream soup	Pasta with tuna sauce
Friday	Fish fingers	Pizza with tomato sauce & mozzarella cheese	Fish fingers	Pizza with tomato sauce & mozzarella cheese	Fish fingers
Ē	Steamed cauliflowers	Steamed broccoli	Beans & onion	Steamed fennels	Steamed cauliflowers
	Homemade dessert	Homemade dessert		Homemade dessert	Homemade dessert
	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 seco	ond course with a cold dish			

Edited by the dietician of:

Pedevilla S.p.A.

