

WINTER MENU "INTERNATIONAL SCHOOL OF SIENA" 2019-2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1° WEEK	Pasta with tomatoes Breaded chicken breast Lentils MERENDA Yogurt	Vegetable soup with bread Roast beef with lemon and grana cheese Salad MERENDA Mixed fruit	Pasta rosé Chicken thighs with herbs Sautéed Herbs MERENDA Crackers	Spaghetti garlic, oil and chili pepper Omelette with potatoes and cooked ham Peas MERENDA Rusks with Jam	Lasagne al ragù Breaded flounder with lemon Cooked potatoes MERENDA Chocolate Tart
2° WEEK	Pasta with tomatoes Cod with tomatoes Sautéed Chard MERENDA Yogurt	Pasta with sea sauce Beef Burger Broccoli with garlic MERENDA Fruit salad	Tortellini in broth Breaded pork escalope Peas MERENDA Peach cake	Pumpkin soup with rice Spicy Chicken Mashed potatoes MERENDA Schiacciatine	Pasta with broccoli pesto and ricotta Chickpea balls with cheese sauce Spinach MERENDA Berry Tart
3° WEEK	Tortellini with oea cream and cooked ham Halibut with lemon Green Beans MERENDA Yogurt	Pasta with Tuscan ragù Cooked Ham Broccoli MERENDA Torta della nonna	Pumpkin soup with bread Roasted chicken Spinach MERENDA Schiacciatine	Pasta with tomatoes Turkey Hamburger Mashed Potatoes MERENDA Mixed fruit	Vegetable Soup Homemade Porchetta Sautéed Herbs MERENDA Blackberries Tart
4° WEEK	Pasta with chickpeas Mozzarella Green Beans MERENDA Yogurt	Pasta with tuna Vegetarian piadina Spinach MERENDA Mixed Fruit	Ravioli butter and sage Breaded flounder Baked vegetables MERENDA Apple Tart	Rice with oil Vegetable croquettes with tomato sauce Baked potatoes MERENDA Creme-caramel	Pasta with tomato sauce Stracchino Mixed Salad MERENDA Lemon Tart