

Grades 3, 4, 5, Middle School, High School & Staff

MONDAY

- Cream of vegetable soup
- Pasta with seafood ragù
- Sliced flounder Fish
- Chickpeas & Spelt bricks
- Carrot flan with cheese
- Baked Potatoes
- Wok - Sautéed barley



TUESDAY

- Cream of potato soup
- Pasta with broccoli
- Chicken bites
- Vegetable meatballs
- Chicory Strudel
- Julienne carrots
- Wok - Sautéed rice with cream of zucchini

WEDNESDAY

- Chickpea soup
- Pasta with Zucchini
- Fish rolls with chickpeas sauce
- Baked ricotta
- Steamed Spinach
- Small ricotta cheese
- Wok - Mixed cereals with vegetables



Daily grilled selection of meat, fish and cheese

Daily fresh oven-baked pizza

THURSDAY

- Tomato soup
- Parmesan & pumpkin Risotto
- Beef kebab
- Omelet with seasonal vegetables
- Stewed green peas
- Wok - Spelt with cream of chickpeas



FRIDAY

- Cream of zucchini soup
- Pasta with octopus ragù
- Tuna fish & potato burgers
- Pumpkin & broccoli flan
- Steamed chard
- Broccoli & Quinoa Flan
- Wok - Wild rice with green peas and seafood



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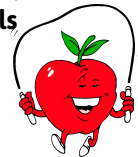
MONDAY

- Cream of vegetable soup
- Pasta with white meat ragù
- Sautéed chicken medallions
- Chickpea and quinoa squares
- Mashed potatoes
- Mozzarella cheese
- Wok - Spinach, onions and pasta



TUESDAY

- Barley & bean soup
- Green vegetable risotto
- Fish morsels
- Cabbage
- Chicory with curry
- Vegetarian pie
- Wok - Sautéed spelt, mint and mix lentils



Daily grilled selection of meat, fish and cheese

Daily fresh oven-baked pizza

WEDNESDAY

- Minestrone
- Pasta Arrabbiata
- Stewed beef
- Spinach pie
- Spinach Omelet
- Sage-flavored carrots
- Wok - Cantonese rice



THURSDAY

- Peas & mint cream
- Mac & Cheese
- Fish & chips
- Mint & vegetables omelet
- Vegetables flan
- Potatoes sticks
- Wok - Barley with diced vegetables



FRIDAY

- Zucchini & ginger soup
- Pasta with broccoli
- Baked veal
- Cauliflower & lentils «falafel»
- Squashed mushrooms
- Sautéed green beans
- Wok - Black rice with smoked salmon



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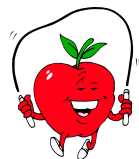
MONDAY

- Parmentier soup
- Vegetarian Carbonara pasta
- Au gratin Cod fillet
- Crunchy polenta with cabbage
- Chard «cannolo»
- Broccoli & cauliflower
- Wok - Rice with raisins



TUESDAY

- Cauliflower soup
- Tomato risotto
- Chicken drumsticks
- Wok - Noodles with seafood
- Veggie burgers
- Mashed potatoes
- Zucchini au gratin



Daily grilled selection of meat, fish and cheese

Daily fresh oven-baked pizza

WEDNESDAY

- Rice & pea soup
- Lasagna «sorrentina»
- Dab fish rolls with spinach
- Beans & barley squares
- Steamed potatoes
- Wok - Sautéed mixed cereals
- Broccoli muffins

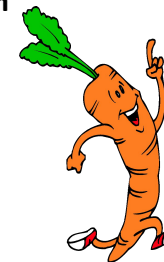


THURSDAY

- Minestrone
- Pasta with zucchini
- Meatloaf
- Omelet
- Steamed spinach
- Hummus bruschetta
- Wok - Sautéed rice with fennel

FRIDAY

- Cream of tomato soup
- Risotto with tuna fish & artichokes
- Fish nuggets
- Vegetarian potato gateau
- Vegetable «caponata»
- Wok - beans, potatoes and pasta



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cream of lentil soup

Cream of broccoli soup

Minestrone with rice

Small pasta soup

Cream of carrot soup

Pasta with cream of chickpeas

Risotto with mushrooms

Pasta with gorgonzola & spinach

Pasta with chicory pesto

Pasta with zucchini

Turkey bites

Turbot fillet with broccoli cream

Hamburger

Cuttlefish tenders

Turkey bites

Brussel sprouts

Red chicory rolls with curry

Breaded baked Fennel

Mini chard tartelettes

Buttered carrots

Vegan goulash

Carrots & cabbage soufflé

Spinach with parmesan

Sautéed green beans

Mushroom flan

Stuffed jacket potatoes

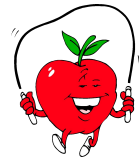
Wok - Black rice with seasonal vegetables

Poached eggs with cream of green peas

Baked potatoes

Breaded baked "primo sale" cheese

Wok - Basmati rice with vegetables



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Daily fresh oven-baked pizza

