



MENU 2020-2021

4-WEEK CYCLE MENU FOR EARLY CHILDHOOD AND ELEMENTARY SCHOOL

WEEK 1		
MONDAY <i>LUNEDÌ</i>	Pasta with tomato sauce	<i>Pasta al pomodoro</i>
	Hot dog	<i>Hot dog</i>
	French fries	<i>Patatine</i>
	Fruit	<i>Frutta</i>
TUESDAY <i>MARTEDÌ</i>	Pasta with parmesan cheese	<i>Pasta al parmigiano</i>
	Meat cutlet	<i>Cotoletta</i>
	Spinach	<i>Spinaci</i>
	Fruit	<i>Frutta</i>
WEDNESDAY <i>MERCOLEDÌ</i>	Rice with saffron	<i>Risotto allo zafferano</i>
	Turkey and cheese	<i>Fesa di tacchino e formaggio</i>
	Tomatoes	<i>Pomodori</i>
	Fruit	<i>Frutta</i>
THURSDAY <i>GIOVEDÌ</i>	Gnocchetti with tomato and ricotta	<i>Gnocchetti sardi, pomodoro e ricotta</i>
	Omelette	<i>Frittata</i>
	Carrots	<i>Carote</i>
	Fruit	<i>Frutta</i>
FRIDAY <i>VENERDÌ</i>	Pasta with tuna sauce	<i>Ditaloni al tonno</i>
	Oven baked fish	<i>Filetto di platessa al forno</i>
	Green beans	<i>Fagiolini</i>
	Fruit	<i>Frutta</i>

WEEK 2		
MONDAY <i>LUNEDÌ</i>	White rice	<i>Riso in bianco</i>
	Cooked ham	<i>Prosciutto cotto</i>
	Grated carrots	<i>Carote gratugiate</i>
	Fruit	<i>Frutta</i>
TUESDAY <i>MARTEDÌ</i>	Pasta with zucchini and saffron	<i>Farfalle zucchine e zafferano</i>
	Grilled chicken	<i>Petto di pollo</i>
	Steamed potatoes	<i>Patate al vapore</i>
	Fruit	<i>Frutta</i>
WEDNESDAY <i>MERCOLEDÌ</i>	Rice with tomato sauce	<i>Risotto al pomodoro</i>
	Mini hamburgers (beef)	<i>Mini hamburger di manzo</i>
	Peas	<i>Piselli</i>
	Fruit	<i>Frutta</i>
THURSDAY <i>GIOVEDÌ</i>	Pasta with meat sauce	<i>Pasta al ragu'</i>
	Fried mozzarella	<i>Mozzarella in carrozza</i>
	Zucchini	<i>Zucchine</i>
	Fruit	<i>Frutta</i>
FRIDAY <i>VENERDÌ</i>	Pasta with pesto sauce	<i>Conchiglie al pesto</i>
	Tuna & mozzarella	<i>Tonno e mozzarelline</i>
	Tomatoes	<i>Pomodori</i>
	Fruit	<i>Frutta</i>



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WEEK 3		
MONDAY <i>LUNEDÌ</i>	Cheese pizza	<i>Pizza margherita</i>
	Ham	<i>Prosciutto cotto</i>
	Salad	<i>Insalata</i>
	Fruit	<i>Frutta</i>
TUESDAY <i>MARTEDÌ</i>	Pasta with veggie sauce	<i>Pasta con ragu' di verdure</i>
	Meat cutlet	<i>Cotoletta</i>
	Spinach	<i>Spinaci</i>
	Fruit	<i>Frutta</i>
WEDNESDAY <i>MERCOLEDÌ</i>	Rice with saffron	<i>Risotto allo zafferano</i>
	Turkey meatballs with tomato sauce	<i>Polpette di tacchino al pomodoro</i>
	Mashed potatoes	<i>Pure'</i>
	Fruit	<i>Frutta</i>
THURSDAY <i>GIOVEDÌ</i>	Sage and butter pasta	<i>Pasta al burro e salvia</i>
	Omelette	<i>Frittata</i>
	Carrots	<i>Carote</i>
	Fruit	<i>Frutta</i>
FRIDAY <i>VENERDÌ</i>	Pasta with tomato sauce	<i>Conchiglie al pomodoro</i>
	Fish sticks	<i>Bastoncini di merluzzo</i>
	Green beans	<i>Fagiolini</i>
	Fruit	<i>Frutta</i>

WEEK 4		
MONDAY <i>LUNEDÌ</i>	Pasta with olive oil and parmesan cheese	<i>Penne all'olio e parmigiano</i>
	Salami, cheese and turkey	<i>Salame, formaggio e tacchino</i>
	Carrots and corn	<i>Carote e mais</i>
	Fruit	<i>Frutta</i>
TUESDAY <i>MARTEDÌ</i>	Pasta with white meat sauce	<i>Pasta con ragu' bianco</i>
	Fried mozzarella	<i>Mozzarella in carrozza</i>
	Green beans	<i>Fagiolini</i>
	Fruit	<i>Frutta</i>
WEDNESDAY <i>MERCOLEDÌ</i>	Rice with parmesan cheese	<i>Risotto alla parmigiana</i>
	Grilled chicken	<i>Petto di pollo ai ferri</i>
	Roasted potatoes	<i>Patate al forno</i>
	Yogurt	<i>Yogurt</i>
THURSDAY <i>GIOVEDÌ</i>	Pasta with tomato sauce	<i>Pasta al pomodoro</i>
	Cutlet	<i>Scaloppine</i>
	Zucchini	<i>Zucchine</i>
	Fruit	<i>Frutta</i>
FRIDAY <i>VENERDÌ</i>	Pasta with pesto sauce	<i>Conchiglie al pesto</i>
	Fish nuggets	<i>Tonno e mozzarelline</i>
	Carrots and peas	<i>Pomodori</i>
	Fruit	<i>Frutta</i>