

*Grades 3-5 Grade / Middle School /  
Grades 6 -10*

**MONDAY**

Pasta with tomatoes  
sauce & basil

Chicken Drumsticks

Green Peas Flan

Salad / Steamed  
Vegetables

**TUESDAY**

Pasta with  
Vegetables Pesto

Home-made  
codfish sticks

Couscous

Salad / Steamed  
Vegetables

**WEDNESDAY**

Pasta «Marinara»  
Style

Baked Turkey

Zucchini Omelet

Salad / Steamed  
Vegetables

**THURSDAY**

Pasta  
«Bolognese» Style

Baked Turkey

Hot Sandwich

Salad / Steamed  
Vegetables

**FRIDAY**

Pizza Margherita

Baked Codfish

Broccoli Flan

Salad / Steamed  
Vegetables



*Grades 3-5 Grade / Middle School /  
Grades 6 -10*

**MONDAY**

Pasta Marinara

Chicken Legs

Carrots souffle

Salad / Steamed  
Vegetables

**TUESDAY**

Pasta With  
Vegetables Pesto

Breaded Chicken  
«cotoletta»

Breaded Baked  
Mozzarella

Salad / Steamed  
Vegetables

**WEDNESDAY**

Pasta With  
Tomatoes Sauce

Chicken Burgers

Veggie Burgers

Salad / Steamed  
Vegetables

**THURSDAY**

Pasta Bolognese

Meatballs

Baked Ricotta

Salad / Steamed  
Vegetables

**FRIDAY**

Pasta with Tuna  
Sauce

Baked Plaice Fish

Rustic Spinach Pie

Salad / Steamed  
Vegetables



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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Pasta with tomatoes sauce & basil	Pasta with Vegetables Pesto	Pasta «Marinara» Style	Pasta «Bolognese» Style	Pizza Margherita
Chicken Drumsticks	Home-made codfish sticks	Baked Turkey	Baked Turkey	Baked Codfish
Green Peas Flan	Couscous	Zucchini Omelet	Hot Sandwich	Broccoli Flan
Salad / Steamed Vegetables	Salad / Steamed Vegetables	Salad / Steamed Vegetables	Salad / Steamed Vegetables	Salad / Steamed Vegetables



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Grades 6 -10*

**MONDAY**

Pasta Marinara  
Chicken Legs  
Carrots souffle  
Salad / Steamed  
Vegetables

**TUESDAY**

Pasta With  
Vegetables Pesto  
Breaded Chicken  
«cotoletta»  
Breaded Baked  
Mozzarella  
Salad / Steamed  
Vegetables

**WEDNESDAY**

Pasta With  
Tomatoes Sauce  
Chicken Burgers  
Veggie Burgers  
Salad / Steamed  
Vegetables

**THURSDAY**

Pasta Bolognese  
Meatballs  
Baked Ricotta  
Salad / Steamed  
Vegetables

**FRIDAY**

Pasta with Tuna  
Sauce  
Baked Plaice Fish  
Rustic Spinach Pie  
Salad / Steamed  
Vegetables

