

LUNCH MENU

GRADES 3 - 12 and Staff

Week 1 : September 1st - 2nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with cherry tomato sauce	Rice with zucchini ragù	Pasta with ragù bolognese	Pasta with pesto	Rice with cheese
	Turkey with herbs	Lemon chicken	Roasted veal with vegetable cream	Roasted turkey breast	Fillet of sole with lemon
	Sauteed green beans	Spinach with butter	Mashed potatoes	Sauteed zucchini	Carrots with butter
	Brown rice with vegetables	Couscous with vegetables and lemon	Spelt with chickpeas and arugula	Cantonese rice	Mix cereals with legumes
	Cheese flan	Vegan zucchini balls	Eggplant treats	Potatoes and chicory rosti	Pumpkin and broccoli flan
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 2 : September 5th - 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tuna	Pasta with peas and spring onions	Lasagna	Saffron risotto	Pasta with tomato sauce, olives and capers
	Grilled chicken breast	Stuffed turkey leg	Beef meatballs	Chicken drumsticks with herbs	Fried squid
	Sauteed peas	Green beans and potatoes	Carrots butter and sage	Sprouts with butter	Sauteed cauliflowers
	Spelt with chickpeas and rosemary sauce	Barley and quinoa with roasted fennel	Basmati rice with zucchini	Tubetti pasta with vegetables	Brown rice with peas and tomatoes
	Spelt and chickpeas flan	Vegetable flan with provola cheese	Quinoa vegan burger	Pea flan with mushroom sauce	Frittata di patate (tortilla)
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

LUNCH MENU

GRADES 3 - 12 and Staff

Week 3: September 12th - 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with turnips and tomatoes	Rice with red chicory	Gnocchi with tomato sauce	Pasta with tomato and mozzarella	Tomato risotto
	Chicken burger	Chicken cutlets	Chicken and turkey kebab with pizza bianca	Braised turkey	Citrus scented cod
	Roasted potatoes	Sauteed zucchini	Green beans with tomatoes	Roasted eggplants	Steamed chard
	Rice with carrots, olives, raisin and cinnamon	Spelt with vegetables	Venus rice with red chicory, fennel and pink pepper	Barley and quinoa with roasted mushrooms and mint	Couscous with olives, corn, lemon and zucchini
	Omelette with vegetables	Veggie burger with roasted chicory	Veggie burger	Vegan burger with chickpeas and cauliflowers with curry	Puff pustry with ricotta cheese and herbs
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 4: September 19th - 24th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with pesto	Pasta with tomato sauce	Baked pasta au gratin	Risotto with pumpkin	Pasta with zucchini and basil pesto
	Grilled stuffed chicken breast	Chicken with sage	Turkey with rosemary	Beef burger	Fish and chips
	Steamed chard	Peas and carrots with sage	Broccoli au gratin	Sauteed chicory	French fries
	Spelt with lentils, celery and tomato crudité	Pilaf rice with curry and vegetables	Basmati and venus rice with roasted peppers	Barley with peas, arugula and olives	Spelt with grilled vegetables
	Veggie muffin with grilled eggplants	Grilled primo sale cheese and red chicory	Fennel slices with bread flavored with pink pepper	Duchess carrots with braised peas	Chickpea and vegetable falafel
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

LUNCH MENU

GRADES 3 - 12 and Staff

Week 5: September 26th - 30th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta broccoli and pecorino cheese	Mushrooms risotto	Pasta alla Sorrentina	Pasta with tomato, eggplant and cheese	Salmon risotto
	Crispy white meat meatballs with lemon	Sweet and sour turkey	Sliced veal with herbs	Chicken cutlets	Fish burger
	Sauteed broccoli	Sauteed chard	Carrots with butter	Breadcumb potatoes	Sauteed green beans
	Brown rice with vegetables	Couscous tabulè	Spelt with chickpeas and arugula	Cantonese rice	Tubetti pasta with green beans and arugula pesto
	Carrot flan with taleggio cheese fondue	Vegan zucchini treats	Vegetables and potatoes flan	Puff pastry with vegetables	Pumpkin flan with broccoli cream
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 1 : October 3rd - 7th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with ragù bolognese	Pumpkin risotto	Gnocchi with basil and tomato sauce	Pasta with chickpeas and Rosemary	Pennette arrabbiata
	Chicken with sage	Roasted turkey leg	Grilled burger	Chicken burrito	Hake fillet au gratin
	Sauteed Green Beans	Sauteed peas	Roasted Potatoes	Steamed chard	Sauteed broccoli
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Kale and apple Strudel	Spinach omelette	Polenta with grilled vegetables	Puff pastry with ricotta and spinach	Barley and carrots flan with peas
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

LUNCH MENU

GRADES 3 - 12 and Staff

Week 2 : October 10th - 14th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato and ricotta	Tomato risotto	Pasta with mushrooms and truffle sauce	Pasta with ragu bolognese	Pasta with tomato and capers
	Chicken thigh with carrots	Turkey burrito	Grilled burger	Chicken cutlets	Fish burger
	Spinach with butter	Potatoes and green beans	Sauteed zucchini	French Fries	Sauteed chard
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Veggie burger	Legumes falafel	Potatoes and leeks Quiche	Stuffed eggplant with croutons	Baked ricotta with confit tomatoes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 3: October 17th - 21st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato sauce	Saffron risotto	Baked lasagna	Pasta al pesto	Pasta with eggplant and tomato
	Grilled chicken	Turkey bites with curry	Veal Balls with peas	Chicken strips with soy	Cod escalope
	Mashed potatoes	Sauteed cauliflowers	Green beans with tomato	Broccoli au gratin	Carrots with butter
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Hummus	Mini cheese omelette	Potatoes and mushrooms Rosti	Eggplant and provola cheese flan	zucchini and cipolla savory pancakes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

LUNCH MENU

GRADES 3 - 12 and Staff

Week 4: October 24th - 28th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Orecchiette pasta with turnips	Pasta alla sorrentina	Pasta with ragù bolognese	Pasta with cream of pumpkin	Pasta with zucchini and procola cheese
	Chicken cutlets	Baked turkey breast	Lemon chicken breast	Grilled burger	Fish and chips
	Sauteed zucchini	Sprouts with butter	Mashed potatoes	Sauteed chicory	French fries
	Min vegetarian Gateau	Rice Crouton with red cabbage	Zucchini flan	Babaganoush with crouton	Chard and mozzarella flan
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 5: October 31st - November 4th	Fall Break				