

January 2023

MENU FOR PRE-S, PRE-K, KINDERGARTEN, GRADE 1-2-3-4-5 - MIDDLE SCHOOL (6,7,8) - HIGH SCHOOL (9,10,11,12)

	9 January - 13 January	January 16 - January 20	January 23 - January 27	30 January - 3 February
MONDAY	Pasta with tomato sauce(cereals containing gluten)	Pasta with tomato sauce(cereals containing gluten)	Pasta with tomato sauce(cereals containing gluten)	Pasta with tomato sauce(cereals containing gluten)
	Chicken thighs	Pork roast	Roast	Chicken drumsticks
	Ricotta with mixed vegetables(milk)	Zucchini omelette(egg)	Eggplant parmigiana(milk)	Vegetable meatballs(cereals containing gluten, milk)
	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt
TUESDAY	English pasta(cereals containing gluten, milk)	Pasta carbonara(cereals containing gluten, eggs, milk)	Theme Day - Chinese New Year	Pasta with pesto(cereals containing gluten, nuts, milk)
	Pizza margherita(cereals containing gluten, milk)	Ham and cheese pie(cereals containing gluten, milk)	Cantonese rice	Pork roast
	Zucchini omelette(egg)	Couscous with mixed vegetables(cereals containing gluten)	Chicken in teriyaki sauce and sesame seeds(Sesame seeds)	Zucchini parmigiane(cereals containing gluten, milk)
	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Spring rolls(cereals containing gluten)	Hot side dish of the day - Bread, Fruit/Yogurt
WEDNESDAY	Pasta with ricotta sauce(cereals containing gluten, milk)	Saffron risotto(milk)	Pasta with ricotta sauce(cereals containing gluten, milk)	Artichokes risotto(milk)
	Genoese meatloaf(cereals containing gluten, milk, eggs)	Genoese meatloaf(cereals containing gluten, milk, eggs)	Genoese meatloaf(cereals containing gluten, milk, eggs)	Genoese meatloaf(cereals containing gluten, milk, eggs)
	Aubergine roll with mozzarella(milk)	Baked ricotta with mixed vegetables(milk)	Scrambled eggs(egg)	Potato omelette(egg)
	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt
THURSDAY	Pasta with walnut sauce(cereals containing gluten, milk, nuts)	Pasta 4 cheeses(cereals containing gluten, milk)	Amatriciana pasta(cereals containing gluten, milk)	Pasta with walnut sauce(cereals containing gluten, nuts, milk)
	Breaded plaice fillets(cereals containing gluten, fish)	Roast turkey	Sausages with potatoes	Chicken Nuggets(cereals containing gluten)
	Cous cous with vegetables and sesame(cereals containing gluten, sesame seeds)	Eggplant parmigiana(milk)	Stuffed with vegetables(cereals containing gluten, milk, eggs)	Veggie burgers(cereals containing gluten, milk)
	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt
FRIDAY	Ricotta and spinach cannelloni with tomato and mozzarella(cereals containing gluten, milk, eggs)	English pasta(cereals containing gluten, milk)	English pasta(cereals containing gluten, milk)	English pasta(cereals containing gluten, milk)
	Sausage with potatoes	Pizza(cereals containing gluten, milk)	Pizza(cereals containing gluten, milk)	Pizza(cereals containing gluten, milk)
	Chickpeas Hamburger(cereals containing gluten)	Cabbage rolls(milk)	Ham rolls(milk)	Aubergine and mozzarella roll(milk)
	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt	Hot side dish of the day - Bread, Fruit/Yogurt

** In many preparations rice flour is used instead of 00 flour. Gluten-free and lactose-free options are always available. White pasta is always available. For any question or request, ask Pedevilla staff or write to isgfeedback@pedevilla.it

