



# Menu

## Spring-Summer menu 2020/2021: From G1 to G12

	1 <sup>st</sup> week	2 <sup>nd</sup> week	3 <sup>rd</sup> week	4 <sup>th</sup> week
Monday	Pasta with vegetable* ragout and tomato Scrambled eggs with ham Potatoes and green beans* Bread – Fruit juice	Wholewheat pasta with pesto* Caprese salad (mozzarella and tomato**) Bread - Fresh fruit	Pasta with aubergine** and tomato Hardboiled eggs Julienne carrots Bread – Cream caramel	Gnocchetti sardi with tomato and basil Fresh cheese (Crescenza) Julienne carrots Bread – Fresh fruit
Tuesday	Vegetarian* cous cous Roast loin* Mixed salad Bread – Fresh fruit	Rice with tomato sauce Roast turkey with sage and rosemary Spinach with oil Bread – Fruit yogurt	Spelt with vegetables* Chicken drumsticks* Baked potatoes* Bread – Fresh fruit	Ravioli (ricotta and spinach) with butter and sage* Chicken nuggets* Zucchini** Bread – Chocolate pudding
Wednesday	Pasta with meat sauce* Fresh cheese ½ pt Tomato salad** Wholewheat bread – Ice cream	Pasta with saffron and speck Omelette with cheese Julienne carrots with corn Wholewheat bread – Fresh fruit	Pasta with fresh tomato Fresh cheese (Robiola) Green beans* with oil Wholewheat bread – Ice cream	Roasted potatoes* Wrap with ham and cheese Spinach au gratin* Wholewheat bread – Fresh fruit
Thursday	Pizza Margherita Ham ½ pt Julienne carrots Bread – Fresh fruit	Baked potatoes* Hot dog Diced fresh zucchini Bread - Chocolate pudding	Pizza margherita Turkey roast sliced meat ½ pt Tomato salad** Bread – Fresh fruit	Pasta with pesto* Hamburger with tomato sauce* Green beans * Bread - Fruit yogurt
Friday	English rice Fish sticks* Zucchini au gratin with breadcrumbs** Bread – Fruit yogurt	Pasta with tomato sauce Cod au gratin* Vegetable mix** Bread - Fresh fruit	Rice with Parmesan cheese and oil Fish nuggets* Baby carrots Bread – Fruit yogurt	Cantonese rice* Plaice au gratin* Tomato** salad Bread – Fresh fruit

For any information regarding the presence of allergens you can consult the appropriate documents that will be provided by staff in service. It is an obligation for staff to keep it in place easily accessible.

N.B. We use low-salt bread

Iodised salt is used in preparing the food

\* frozen product and / or ingredient

\*\* according with seasonal availability

**SAMPLE MENU**