

Day	Week 1	Week 2	Week 3	Week 4
Monday	Saffron risotto Cheese omelette Baked zucchini with herbs Seasonal fresh fruit selection	Creamy Parmesan risotto Oven-baked breaded cod fillet Fresh tomato salad Freshly sliced fruit	Whole wheat pasta with lentils Fresh robiola cheese Steamed green beans with extra virgin olive oil Fruit selection	Milanese-style rice with vegetables Crispy oven-baked fish fingers Julienned carrots with balsamic glaze Fresh sliced fruit
Tuesday	Whole wheat pasta with tomato and basil sauce Aged Parmigiano Reggiano Baby carrots with extra virgin olive oil Fresh fruit medley	Classic Pizza Margherita with fior di latte mozzarella Julienned carrots with a citrus vinaigrette Fruit of the day	Whole grain rice salad with vegetables Roasted chicken drumsticks Mixed leaf salad Seasonal fresh fruit	Spelt salad with garden vegetables and cannellini beans Beef meatballs with tomato reduction Roasted baby potatoes Seasonal fruit selection
Wednesday	Lasagna with Aurora sauce (creamy tomato and béchamel) Crispy lettuce salad with vinaigrette Market-fresh fruit	Velvety barley and zucchini soup Breaded pork cutlet Roasted rosemary potatoes Seasonal fruit	Pasta alla Norma (eggplant, tomato, basil, and ricotta salata) Zucchini and egg frittata Cherry tomato salad Hand-picked fruit	Butter and sage tortelloni Caprese salad with heirloom tomatoes and mozzarella Fresh fruit platter
Thursday	Pasta salad with cherry tomatoes and garden basil Sliced roasted chicken Mixed greens salad Assorted fresh fruits	Potato gnocchi with tomato sauce Creamy robiola cheese Julienned carrots with lemon dressing Fresh orchard fruit	Traditional pasta with slow-cooked beef ragù Cucumber and carrot ribbons in vinaigrette Fresh fruit selection	Zucchini pesto pasta Soft scrambled eggs with chives Spinach au gratin Selection of seasonal fruits
Friday	Herb-infused pasta Golden-baked fish cake Mixed greens salad Seasonal fruit platter	Pasta with sage and olive oil Ham and cheese frittata Iceberg lettuce with a light vinaigrette Daily selection of fresh fruit	Basil pesto pasta Ligurian-style Breaded Calamari Roasted courgettes with garlic oil Seasonal fruit	Classic Pizza Margherita Mediterranean salad with mixed greens and olives Freshly prepared fruit

