

THE UDINE INTERNATIONAL SCHOOL | LUNCH MENU | ELEMENTARY/MIDDLE SCHOOL | AUTUMN WINTER 2019/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK	<i>SNACK: CEREAL CAKE</i>	<i>SNACK: BREAD ROLL</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: YOGURT</i>	<i>SNACK: FRESH FRUIT</i>
1	PASTA WITH PESTO PRIMO SALE CHEESE AND STRING BEANS VEGETABLES AND LEGUMES FRESH FRUIT	WHOLE-WHEAT PASTA WITH TOMATO SAUCE SPINACH OMELETTE CARROTS WITH LEMON DRESSING FRESH FRUIT	VEGETABLE SOUP WITH SPELT STEWED HALIBUT WITH TOMATO SAUCE AND BOILED POTATOES CHARD AND SPINACH WITH OIL FRESH FRUIT	STEAMED STRING BEANS AND CARROTS WITH OIL DRESSING RISOTTO WITH VEG AND SAFFRON TURKEY MEATBALLS FRESH FRUIT	GREEN SALAD BRAISED BEEF WITH POLENTA APPLE PIE
	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: BREAD ROLL</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: YOGURT</i>
2	SPAGHETTI WITH TOMATO SAUCE MACKEREL BRUSSELS SPROUTS AND CARROTS IN BUTTER DRESSING FRESH FRUIT	SLICED FENNEL BEEF LASAGNE FRESH FRUIT	TORTELLINI IN VEGETABLE BROTH TURKEY ESCALOPE WITH LEMON SAUCE AND BAKED PATATOES CABBAGE SALAD FRESH FRUIT	RISOTTO WITH SPECK AND ZUCCHINI STRACCHINO CHEESE SALAD MIX AND LEGUMES FRESH FRUIT	VEGETABLE MEDLEY VEGETABLE ORZOTTO SCRAMBLED EGGS FRESH FRUIT
WEEK	<i>SNACK: BREAD ROLL</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: YOGURT</i>	<i>SNACK: CRACKERS</i>	<i>SNACK: FRESH FRUIT</i>
3	POTATO AND VEG SOUP WITH RICE BAKED SALMON FENNEL WITH LEMON DRESSING FRESH FRUIT	WHOLEWHEAT PASTA WITH VEG SAUCE LEEK OMELETTE/ ZUCCHINI FRESH FRUIT	CARROTS AND STRING BEANS WITH OIL DRESSING PASTA IN TOMATO SAUCE RICOTTA CHEESE PATTIES FRESH FRUIT	LEGUME SOUP WITH CROUTONS ROAST CHICKEN BROCCOLI FRESH FRUIT	CABBAGE SALAD BEEF STEW WITH POTATOES FRUIT SALAD
WEEK	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: YOGURT</i>	<i>SNACK: BREAD ROLL</i>	<i>SNACK: FRESH FRUIT</i>
4	RAVIOLI WITH TOMATO SAUCE MOZZARELLA CHEESE BOILED STRING BEANS FRESH FRUIT	RADICCHIO SALAD RICE AND LEGUME PATTIES FRESH FRUIT	PASTA WITH VEG SAUCE SCRAMBLED EGGS SPINACH AND CHARD WITH PARMESAN FRESH FRUIT	PUMPKIN SOUP WITH CROUTONS BEEFBURGER WITH BOILED POTATOES MIXED SALAD FRESH FRUIT	WHOLEWHEAT PASTA WITH VEGETABLES PLAICE AU GRATIN FENNEL AU GRATIN FRESH FRUIT
WEEK	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: CEREAL CAKES</i>	<i>SNACK: YOGURT</i>	<i>SNACK: BREAD ROLL</i>	<i>SNACK: FRESH FRUIT</i>
5	PIZZA MARGHERITA CARROTS WITH LEMON DRESSING FRUIT SALAD	BEAN AND BARLEY SOUP SPINACH AND RICOTTA OMELETTE CABBAGE SALAD FRESH FRUIT	ROAST PORK IN MILK SAUCE MASHED POTATOES VEGETABLE MIX FRESH FRUIT	RISOTTO WITH VEG OR PUMPKIN CHICKEN BREAST WITH PIZZAIOLA SAUCE CAPPONATA FRESH FRUIT	PASTA WITH BROCCOLI SEAFOOD BURGER RAW FENNEL FRESH FRUIT