

THE UDINE INTERNATIONAL SCHOOL | PRE-NURSERY MENU | AUTUMN/WINTER 2019/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>
1	CREAM OF LEGUME SOUP WITH BARLEY PRIMO SALE CHEESE AND STRING BEANS VEGETABLE MEDLEY FRESH FRUIT	WHOLEWHEAT PASTA WITH TOMATO SAUCE SPINACH OMELETTE CARROTS WITH LEMON DRESSING FRESH FRUIT	VEG SOUP WITH SPELT STEWED HALIBUT WITH TOMATO SAUCE AND BOILED POTATOES CHARD AND SPINACH FRESH FRUIT	STEAMED STRING BEANS AND CARROTS VEGETABLE RISOTTO TURKEY MEATBALLS FRESH FRUIT	GREEN LEAF LETTUCE PASTA WITH LEGUMES APPLE CAKE
WEEK	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>
2	PASTA WITH TOMATO SAUCE PLAICE FISHCAKES BRUSSEL SPROUTS AND CARROTS WITH BUTTER DRESSING FRESH FRUIT	FENNEL MINCED BEEF LASAGNE FRESH FRUIT	PASTINA WITH VEGETABLE BROTH ESCALOPE WITH LEMON SAUCE AND ROAST PATATOES CABBAGE SALAD FRESH FRUIT	LEGUME SOUP WITH WHOLE-WHEAT CROUTONS STRACCHINO CHEESE VEGETABLE MIX FRESH FRUIT	SALAD VEGETABLE ORZOTTO SCRAMBLED EGGS FRESH FRUIT
WEEK	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</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: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>
4	LEGUME SOUP WITH SPELT MOZZARELLA CHEESE BOILED STRING BEANS FRESH FRUIT	VEGETABLE SALAD RICE AND LEGUME PATTIES FRESH FRUIT	PASTA WITH VEG SACUE 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: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</i>	<i>SNACK: FRESH FRUIT</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