



Autumn/Winter menu - vegetarian

	1st week	2nd week	3rd week	4th week	5th week
Monday	Baked lasagna Breaded tofu* Shredded carrots Bread Fruit	Pasta with butter and parmesan Mozzarella filled courgettes Spinach with olive oil Bread Fruit	Fregola with vegetable ragout Egg soufflé Fennel salad Breas Fruit	Pasta with light pesto Ricotta and aubergine vegieballs Tomatoes Bread Fruit	Cream of lentil soup with pasta Sardinian provoletta cheese Tomatoes Bread Fruit
Tuesday	Cream of vegetable soup/ minestrone with pasta Lentil and fennel veggieballs* Tomatoes Bread Fruit	Pasta with pumpkin Quinoa, carrot and cauliflower vegieballs* Green salad Bread Fruit	Pasta with butter and parmesan Aubergine and mozzarella patty Broccoli with olive oil Bread Fruit	Pasta with tomato sauce Lentil patty * Shredded carrots Bread Fruit	Ravioli with tomato sauce Quinoa and broccoli meatballs * Sautéed chard Bread Fruit
Wednesday	Pasta with tomato sauce Ricotta Sautéed chard Bread Fruit	Cream of chickpea soup with pasta Pecorino o Dolce Sardo cheese Shredded carrots Bread Fruit	Pasta with vegetable ragout Baked soia meatballs * Green beans with olive oil Bread Fruit	Cream of bean soup with pasta Mozzarella Mixed salad Bread Fruit	Pasta with vegetable ragout Omelette Fennel salad Bread Fruit
Thursday	Parmesan rice Carrot burger and quinoa with tomato sauce* Green salad Bread Fruit	Pasta with fresh tomato sauce and basil Omelette Potatoes with olive oil Bread Fruit	Pasta in vegetable broth Tofu and potato croquettes * Green salad Bread Fruit	Pasta with vegetable ragout Sautéed tofu with pumpkin * Grated fennel Bread Fruit	Pasta in vegetable broth Ricotta, carrot and pea patty Spinach with olive oil Bread Fruit
Friday	Pasta with tomato sauce Carrot and pea ricotta pie Fennel salad Bread Fruit	Saffron risotto Tofu burger * Tomatoes Bread Fruit	Cream of vegetable soup/ minestrone with pasta Chickpea patty* Fennel salad Bread Fruit	Rice with courgette Soia meatballs with tomato sauce Spinach with olive oil Bread Fruit	Risotto with endive Tofu and spinach veggieballs * Potatoes with olive oil Bread Fruit

*food without milk and egg products



Autumn/Winter menu - vegetarian

	6th week	7th week	8th week	9th week
Monday	Pasta with butter and parmesan Ricotta and aubergine veggieballs Green beans with olive oil Bread Fruit	Pasta with vegetable ragout Scrambled eggs Fennel salad Bread Fruit	Pasta with tomato sauce Courgette and provola cheese patty Green salad Bread Fruit	Saffron risotto Carrot quinoa and cauliflower veggieballs* Green beans with olive oil Bread Fruit
Tuesday	Vegetable risotto Sauteed tofu with pumpkin * Spinach with olive oil Bread Fruit	Marinara pasta Breaded tofu* Green beans with olive oil Bread Fruit	Pasta with butter and parmesan Tofu burger * Fennel salad Bread Fruit	Pasta with vegetable ragout Soft cheese like Crescenza Green salad Bread Fruit
Wednesday	Pasta with light pesto Tofu, lentil and vegetable filled courgettes* Green salad Bread Fruit	Cream of vegetable soup/ minestrone with pasta Quinoa and broccoli veggieballs* Mash potatoes Bread Fruit	Tomato risotto Sauteed tofu with orange infused vegetables* Mixed salad Bread Fruit	Pasta with butter and parmesan Baked soya veggieballs* Broccoli with olive oil Bread Fruit
Thursday	Pasta with tomato sauce Breaded tofu* Fennel salad Bread Fruit	Pizza Margherita Lentil patty* Green salad Bread Fruit	Cream of lentil soup with pasta Ricotta Patate croccanti al forno Bread Fruit	Pasta in vegetable broth Tofu and potato croquettes * Sauteed potatoes Bread Fruit
Friday	Pasta with potatoes Ricotta Shredded carrots Bread Fruit	Pasta with butter and parmesan Baked pea veggieballs* Tomatoes Bread Fruit	Vegetable risotto Soya veggieballs with tomato sauce Shredded carrots Bread Fruit	Ravioli with tomato sauce Egg soufflè Mixed salad Bread Fruit

* food without milk and egg products