

School lunch meals: 9 week menu'



Autumn-Winter

	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week	8th week	9th week
Monday	Pasta with tomato and basil Oven baked burger Green salad Fresh Fruit Bread	Veal broth with pasta Veal boiled meat with oil Mash potatoes Fresh fruit Bread	Harlequin risotto Breaded Cod* fillets Steamed carrots* Fresh fruit Bread	Parmesan and tomato tortellini Burger/meatballs with legumes and tomato sauce Mixed salad Fresh fruit Bread	Lentil minestrone Baked chicken thighs Steamed potatoes* Fresh fruit Bread	Milanese risotto Cooked ham Fennel or tomato Fresh fruit Bread	Fregola with pesto Plaice* fillet with evo oil Grilled/steamed vegetables Fresh fruit Bread	Pasta with oil Oven baked Cod* fish fingers Grilled/steamed vegetables Fresh fruit Bread	Risotto with herbs Cheese and potato Omelette/ patty Mixed salad Fresh fruit Bread
Tuesday	Carrot risotto Plaice* fillet with olive oil and lemon Sauteed beets Fresh fruit Bread	Pizza margherita Baked ham Green salad Fresh fruit Bread	Vegetable broth with pasta Meatballs in a green /tomato sauce Grilled/steamed vegetables Fresh fruit Bread	Risotto with evo oil Oven pork loin Green salad Fresh fruit Bread	Potato gnocchi with tomato sauce Ham omelette Grilled/steamed vegetables Fresh fruit Bread	Farfalle pasta with tomato sauce Pecorino cheese Grilled/steamed vegetables Fresh fruit Bread	Vegetable broth with pasta Baked chicken thighs Potatoes with green sauce Fresh fruit Bread	Malloreddus with tomato sauce Sheep ricotta with honey Fennel or tomatoes Fresh fruit Bread	Tortellini in veal/ beef broth Boiled veal in green sauce or with oil Mash potato Fresh fruit Bread
Wednesday	Vegetable minestrone Oven chicken thighs Steamed potatoes Fresh fruit Bread	Rice with evo oil Oven baked Cod* fish fingers Fennel or tomatoes Fresh fruit Bread	Pasta with butter Omelette/patty with potatoes Oven baked fennel Fresh fruit Bread	Spring broth Veal and potato stew Fresh fruit Bread	Courgette risotto Dolce sardo Arborea cheese Vegetable Crudité Fresh fruit Bread	Chifferi with oil Fillets of breaded cod* Mixed salad Fresh fruit Bread	Pasta with butter Cheese omelette/ patty Mixed salad Fresh fruit Bread	Legumes minestrone Chicken/turkey bites with potato Fresh fruit Bread	Gnocchetti with tomato sauce Baked au gratin plaice* fillets Oven baked fennel Fresh fruit Bread
Thursday	Malloreddus with tomato sauce Pecorino cheese Tomatoes and fennel Fresh fruit Bread	Ricotta ravioli with tomato sauce Chicken/turkey oven baked burger Grilled/steamed vegetables Fresh fruit Bread	Pasta with vegetable ragout Chicken/turkey oven cutlet Green salad Fresh fruit Bread	Fregola with tomato sauce Baked au gratin plaice* fillets Grilled/steamed vegetables Fresh fruit Bread	Malloreddus with tomato sauce Oven baked burger or in a green sauce Fennel or tomatoes Fresh fruit Bread	Potato soup Veal and carrot* stew Fresh fruit Bread	Risotto with evo oil Escalope of pork with lemon Green salad Fresh fruit Bread	Tortellini with cheese and tomato sauce Baked meatballs or with tomato sauce Mixed salad Fresh fruit Bread	Fusilli with tomato sauce and ricotta Parma Cup Vegetable crudité Fresh fruit Bread
Friday	Pasta with evo oil Omelette with baked ham Grilled/steamed vegetables Fresh fruit Bread	Pesto pasta Mozzarella Vegetable crudité Fresh fruit Bread	Pasta with tomato sauce Sardinian Provoletta cheese Tomatoes or fennel Fresh fruit Bread	Pasta with tomato sauce Parma ham Fennel or tomatoes Fresh fruit Bread	Mediterranean pasta Breaded oven baked Plaice* Mixed salad Fresh fruit Bread	Ricotta ravioli with tomato sauce Chicken/turkey oven baked burger Green salad Fresh fruit Bread	Pizza margherita Mozzarella Fennel or tomatoes Fresh fruit Bread	Risotto with tomato sauce Stewed lentils Steamed carrots* Fresh fruit Bread	Pasta with cream of courgettes Oven baked pork loin Green salad Fresh fruit Bread

*this product may be frozen