

School canteen meals: menu over nine weeks

3rd week 4th week 5th week 6th week 7th week 8th 1st week 2nd week Ricotta ravioli with Tun Monday Penne with extra Gnocchetti with Rice salad with egg Tomato sauce Rice with extra Pesto fregola tomato sauce virgin olive oil tomato sauce Hamburger/ risotto virgin olive oil Chicken/turkey Brea Hamburger/ Cod fish fingers* Roast pork with meatballs with Parma ham Omelette/pie escalope with fille meatballs with Mixed salad herbs legumes with Green salad with Gran lemon Mix legumes with Fresh fruit Fresh fruit Grilled/steamed tomato sauce Campidano Green salad Fres tomato sauce Bread Fresh fruit vegetables Raw vegetables Bread cheese Brea Steamed carrots * Fresh fruit Fresh fruit Tricolor salad Bread and cauliflower Bread Bread Fresh fruit Fresh fruit, Bread Bread Tuesday Tomato sauce Rice with extra Pasta in Fusilli with Rice salad with Rico Tuna pasta Pesto pasta Malloreddus vegetable broth Breaded Plaice* virgin olive oil Sliced veal ricotta and witl egg Sardinian cow's Mixed salad Tomato sauce Raw vegetables Chicken/turkey tomato sauce Tomato sauce sau cheese Fresh fruit meatballs Fresh fruit Grilled veal slice meatballs Chie escalope with (Provolone cheese) Bread Grilled/steamed Bread lemon Mixed salad Tomatoes or cutl Raw vegetables vegetables Baked potatoes Fresh fruit fennel Raw Fresh fruit Fresh fruit Bread Fresh fruit Fresh fruit Fres Bread Bread Bread Bread Bre Wednesday Pot Pasta in Pasta with Tomato sauce Penne with extra Pasta with Zucchini and Spring soup vegetable broth vegetable ragù gnocchetti virgin olive oil butter Plaice* pesto pasta Plaice fillet* with Har Chicken/turkey Omelette/pie with Casu axedu **Breaded Plaice*** with Cod fish Ton oil and lemon cutlet Tomatoes or fenr cheese with honey Parmesan fingers* Steamed potatoes Baked potatoes fennel Tomatoes or Green salad Green salad Steamed carrots Fresh fruit Fres Fresh fruit Fresh fruit Fresh fruit Fresh fruit fennel Fresh fruit Bread Brea Bread Fresh fruit Bread Bread Bread Bread Bread Zucchini Tomato sauce Pas Thursday Pizza margherita Spring soup Rice salad Tomato sauce Saffron risotto risotto Ham Baked chicken wings fregola Dolce sardo Arborea gnocchetti Roast pork with Vea Omelette/patty Hamburger Green salad Parsley potatoes Mixed salad Chicken/turkey fresh tomatoes Fres Tomatoes or Fresh fruit Fresh fruit with Ham and Fresh fruit bites with Grilled/steamed Brea fennel Bread Bread potatoes Bread breadcrumbs vegetables Grilled/steamed Fresh fruit Green salad Fresh fruit vegetables Fresh fruit Bread Bread Fresh fruit, Bread Bread Extr Friday Ricotta ravioli with Wild fennel soup Mediterranean Pasta with Vegetable soup Pizza Veal broth with tomato sauce Veal stew with pasta vegetable ragù Parma ham margherita oil pasta Stewed lentils carrots* Plaice fillet* with Hamburger Baked potatoes Mozzarella Om Veal brisket Green salad Fresh fruit oil and lemon Tomatoes Fresh fruit Mixed salad pie Baked potatoes Fresh fruit Bread Tomatoes Fresh fruit Bread Fresh fruit Gre Fresh fruit Bread Fresh fruit Bread Bread Fres Bread Bread Brea

*the product may be frozen

Spring - Summer

n week	9th week
na pasta	Rice salad with
eaded cod	egg
et*	Roast pork
xed salad	Tomatoes or
esh fruit	fennel
ead	Fresh fruit
	Bread
otta ravioli	Tortellini with
h tomato	parmesan
ice	Tomato sauce
icken/turkey	meatballs
let	Steamed carrots*
w vegetables	Fresh fruit
esh fruit	Bread
ead	
tatoes soup	Pasta with
m	vegetable ragù
matoes or	Chicken/turkey
nel	bites with
esh fruit	breadcrumbs
ead	Green salad
	Fresh fruit
	Bread
sta with pesto	Pasta with extra
al with carrots*	virgin olive oil
esh fruit	Plaice fillet* au
ead	gratin
	Mixed salad
	Fresh fruit
	Bread
ra virgin olive	Tomato sauce
risotto	gnocchetti
nelette/potato	Fresh cheese (casu
!	friscu)
een salad	Grilled/steamed
esh fruit	vegetables
ead	Fresh fruit
	Bread