

School canteen meals: menu over nine weeks



Spring - Summer

	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week	8th week	9th week
<b>Monday</b>	Penne with extra virgin olive oil Cod fish fingers* Mixed salad Fresh fruit Bread	Gnocchetti with tomato sauce Roast pork with herbs Grilled/steamed vegetables Fresh fruit Bread	Rice salad with egg Hamburger/ meatballs with legumes with tomato sauce Raw vegetables Fresh fruit Bread	Tomato sauce risotto Parma ham Green salad Fresh fruit Bread	Ricotta ravioli with tomato sauce Hamburger/ meatballs with legumes with tomato sauce Steamed carrots * and cauliflower Fresh fruit, Bread	Rice with extra virgin olive oil Omelette/pie with Gran Campidano cheese Tricolor salad Fresh fruit Bread	Pesto fregola Chicken/turkey escalope with lemon Green salad Fresh fruit Bread	Tuna pasta Breaded cod fillet* Mixed salad Fresh fruit Bread	Rice salad with egg Roast pork Tomatoes or fennel Fresh fruit Bread
<b>Tuesday</b>	Tomato sauce Mallorreddus Sardinian cow's cheese (Provolone cheese) Raw vegetables Fresh fruit Bread	Tuna pasta Breaded Plaice* Mixed salad Fresh fruit Bread	Rice with extra virgin olive oil Tomato sauce meatballs Grilled/steamed vegetables Fresh fruit Bread	Pesto pasta Sliced veal Raw vegetables Fresh fruit Bread	Pasta in vegetable broth Chicken/turkey escalope with lemon Baked potatoes Fresh fruit Bread	Fusilli with ricotta and tomato sauce Grilled veal slice Mixed salad Fresh fruit Bread	Rice salad with egg Tomato sauce meatballs Tomatoes or fennel Fresh fruit Bread	Ricotta ravioli with tomato sauce Chicken/turkey cutlet Raw vegetables Fresh fruit Bread	Tortellini with parmesan Tomato sauce meatballs Steamed carrots* Fresh fruit Bread
<b>Wednesday</b>	Pasta in vegetable broth Chicken/turkey cutlet Baked potatoes Fresh fruit Bread	Pasta with vegetable ragù Omelette/pie with cheese Tomatoes or fennel Fresh fruit Bread	Tomato sauce gnocchetti Casu axedu with honey Green salad Fresh fruit Bread	Penne with extra virgin olive oil Breaded Plaice* Tomatoes or fennel Fresh fruit Bread	Pasta with butter Plaice* with Parmesan Green salad Fresh fruit Bread	Zucchini and pesto pasta Cod fish fingers* Steamed carrots Fresh fruit Bread	Spring soup Plaice fillet* with oil and lemon Steamed potatoes Fresh fruit Bread	Potatoes soup Ham Tomatoes or fennel Fresh fruit Bread	Pasta with vegetable ragù Chicken/turkey bites with breadcrumbs Green salad Fresh fruit Bread
<b>Thursday</b>	Zucchini risotto Hamburger Tomatoes or fennel Fresh fruit Bread	Pizza margherita Ham Green salad Fresh fruit Bread	Spring soup Baked chicken wings Parsley potatoes Fresh fruit Bread	Tomato sauce fregola Omelette/patty with Ham and potatoes Grilled/steamed vegetables Fresh fruit, Bread	Rice salad Dolce sardo Arborea Mixed salad Fresh fruit Bread	Tomato sauce gnocchetti Chicken/turkey bites with breadcrumbs Green salad Fresh fruit Bread	Saffron risotto Roast pork with fresh tomatoes Grilled/steamed vegetables Fresh fruit Bread	Pasta with pesto Veal with carrots* Fresh fruit Bread	Pasta with extra virgin olive oil Plaice fillet* au gratin Mixed salad Fresh fruit Bread
<b>Friday</b>	Ricotta ravioli with tomato sauce Stewed lentils Green salad Fresh fruit Bread	Wild fennel soup Veal stew with carrots* Fresh fruit Bread	Mediterranean pasta Plaice fillet* with oil and lemon Tomatoes Fresh fruit Bread	Veal broth with pasta Veal brisket Baked potatoes Fresh fruit Bread	Pasta with vegetable ragù Hamburger Tomatoes Fresh fruit Bread	Vegetable soup Parma ham Baked potatoes Fresh fruit Bread	Pizza margherita Mozzarella Mixed salad Fresh fruit Bread	Extra virgin olive oil risotto Omelette/potato pie Green salad Fresh fruit Bread	Tomato sauce gnocchetti Fresh cheese (casu friscu) Grilled/steamed vegetables Fresh fruit Bread

\*the product may be frozen