



Chatterbox English School - Spring/Summer menu

	1st week	2nd week	3rd week	4th week	5th week
Monday	Tomato sauce ravioli Roast beef Spinach with butter and parmesan Bread Fruit	Lentil cream/soup with pasta Soft cheese like Crescenza Crispy baked potatoes Bread Fruit	Parmesan rice Chicken breast cream strips Spinach with oil Bread Fruit	Tomato sauce pasta Breaded chicken breast Fillet carrots Bread Fruit	Pasta with butter and cheese Roast pork Green beans in oil Bread Fruit
Tuesday	Saffron risotto Mozzarella Tomatoes Bread Fruit	Pasta with butter and cheese Pork loaf Sautéed chard Bread Fruit	Pizzaiola pasta Breaded/au gratin sea bass fillets Mixed salad Bread Packaged pudding (various flavors)/Fruit mousse	Pasta with potatoes Sautéed Zucchini Omelette Bread Fruit	Fregola with fresh tomato sauce Boiled beef Green salad Bread Fruit
Wednesday	Pasta with butter and cheese Cod fillet sticks/balls Sautéed zucchini Bread Fruit	Fresh Tomato sauce pasta with basil Breaded/au gratin plaice fillets Green salad Bread Fruit	Vegetable soup/minestrone with pasta Beef meatballs with tomato sauce Potatoes with oil Bread Fruit	Egg pasta with tomato Caciotta type cheese Mixed salad Bread Packaged pudding (various flavors)/Fruit mousse	Pasta with zucchini Cod fillets medallions Tomatoes Bread Fruit
Thursday	Vegetable soup/minestrone with pasta Roasted chicken Fried potatoes Bread Fruit	Risotto with zucchini tomatoes and basil Scrambled eggs Tomatoes Bread Packaged pudding (various flavors)/Fruit mousse	Lasagne Ham Green salad Bread Fruit	Pasta with butter and cheese Cod fillets breaded/au gratin Spinach with oil Bread Fruit	Pea cream risotto Ricotta Fillet carrots Bread Packaged pudding (various flavors)/Fruit mousse
Friday	Pasta with delicate pesto Cod fillets or hake with lemon Mixed salad Bread Fruit	Vegetable broth soup Roast turkey Fillet carrots and cucumbers Bread Fruit	Tomato sauce pasta/Fregola with fish sauce Dolce sardo or Pecorino Green beans in oil Bread Fruit	Saffron risotto Stewed beef strips Green salad Bread Fruit	Vegetable soup/minestrone with pasta Hake/cod fillets with lemon Bread Fruit

N.B. THE FISH AND VEGETABLES CONTAINED IN THE SOUPS COULD BE FROZEN

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	6th week	7th week	8th week	9th week
Monday	Lentil cream/soup with pasta Caciotta type cheese Tomatoes Bread Packaged pudding (various flavors)/Fruit mousse	Tomato sauce ravioli Hake/cod fillets with lemon Green beans in oil Bread Fruit	Bean cream/soup with pasta Veal escalope with lemon Baked potatoes Bread Fruit	Tomato sauce pasta Turkey breast with lemon Fillet carrots and cucumbers Bread Fruit
Tuesday	Parmesan rice Chicken breast with lemon Crispy baked potatoes Bread Fruit	Pasta with zucchini Hamburger Tomatoes Bread Fruit	Pasta with vegetable ragù Pecorino or Dolce Sardo Sautéed zucchini Bread Packaged pudding (various flavors)/Fruit mousse	Marinara pasta Cod fillets breaded/au gratin Mixed salad Bread Fruit
Wednesday	Pasta with delicate pesto Scrambled eggs Spinach with oil Bread Fruit	Egg pasta with tomato Mozzarella Green salad Bread Fruit	Fregola with fresh tomato sauce Roasted chicken Mixed salad Bread Fruit	Soup in meat broth Breaded pork cutlet Potatoes with oil Bread Fruit
Thursday	Pasta with vegetables Beef meatloaf Green salad Bread Fruit	Soup in meat broth Cod fillet sticks/balls Potatoes with oil Bread Fruit	Fresh tomato sauce pasta with basil Egg soufflé Fillet carrots and cucumbers Bread Fruit	Pasta with butter and cheese Soft cheese like Crescenza Sautéed chard Bread Packaged pudding (various flavors)/Fruit mousse
Friday	Tomato sauce pasta Breaded/au gratin plaice fillets Sautéed zucchini Bread Fruit	Pizza Margherita Ham Fillet carrots and cucumbers Bread Fruit	Pasta with turnip sauce/Pasta with courgettes Sea bass fillet medallions Tomatoes Bread Fruit	Tomato sauce risotto Cod fillets medallions Green salad Bread Fruit

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