



## Chatterbox English School – Autumn/Winter menu nursery

	<b>1st week</b>	<b>2nd week</b>	<b>3rd week</b>	<b>4th week</b>	<b>5th week</b>
<b>Monday</b>	Risotto with fresh tomato sauce Ham Fillet carrots Bread Fruit	Pasta with butter and parmesan Veal scaloppini with lemon Spinach with oil Bread Fruit	Fregola with fresh tomato sauce Egg soufflé Fennel Bread Fruit	Pumpkin risotto Stewed chicken/turkey cubes Tomatoes Bread Fruit	Parmesan risotto Soft cheese like Stracchino Tomatoes Bread Fruit
<b>Tuesday</b>	Vegetable cream with pasta Fried turkey breast Boiled green beans Bread Fruit	Risotto with fresh tomato sauce Cod fillet fishballs Sautéed zucchini Bread Fruit	Rice with oil and parmesan Plaice fillets with lemon Romanesco broccoli in oil Bread Fruit	Tomato sauce pasta Cod fillets or hake with orange Boiled carrots Bread Fruit	Pasta with vegetable sauce Roast beef Sautéed chard Bread Fruit
<b>Wednesday</b>	Pasta with fresh tomato sauce Ricotta Sautéed chard Bread Fruit	Vegetable cream with pasta Soft cheese like Stracchino Boiled carrots Bread Fruit	Pasta with fresh tomato sauce Grilled pork Boiled green beans Bread Fruit	Legumes cream/soup with pasta Mozzarella Mixed salad Bread Fruit	Pasta with fresh tomato sauce Omelette Boiled zucchini Bread Fruit
<b>Thursday</b>	Parmesan rice Beef stew Mixed salad Bread Fruit	Pasta with fresh tomato sauce Cod fillets or hake with lemon Potatoes in oil Bread Fruit	Vegetable cream soup with pasta Ham Green salad Bread Fruit	Fregola with fresh tomato sauce Breaded plaice fillets Fennel Bread Fruit	Vegetable soup with pasta Ricotta Mixed potatoes and boiled carrots Bread Fruit
<b>Friday</b>	Vegetable cream with pasta Breaded plaice fillets Fennel Bread Fruit	Saffron risotto Grilled lamb Tomatoes Bread Fruit	Risotto with fresh tomato sauce Grilled turkey Boiled zucchini Bread Fruit	Rice with zucchini Beef meatballs with tomato sauce Spinach with oil Bread Fruit	Risotto with curly endive Breaded cod fillets Spinach with oil Bread Fruit

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

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	<b>6th week</b>	<b>7th week</b>	<b>8th week</b>	<b>9th week</b>
<b>Monday</b>	Rice with oil and parmesan Grilled pork Green beans in oil Bread Fruit	Vegetable cream with pasta Scrambled eggs Fennel Bread Fruit	Pasta with fresh tomato sauce Dolce sardo Green salad Bread Fruit	Saffron risotto Beef stew Green beans in oil Bread Fruit
<b>Tuesday</b>	Risotto with vegetables Cod fillets or hake with lemon Spinach with oil Bread Fruit	Pasta with fresh tomato sauce Grilled lamb Green beans in oil Bread Fruit	Pasta with oil and parmesan Chicken breast creamy strips Fennel salad Bread Fruit	Vegetable cream with pasta Soft cheese like Crescenza Green salad Bread Fruit
<b>Wednesday</b>	Pasta with delicate pesto Roasted chicken drumsticks Green salad Bread Fruit	Vegetable soup with pasta Beef meatloaf Mashed potatoes Bread Fruit	Ravioli with tomato sauce Cod fillets/hake with lemon Green salad Bread Fruit	Pasta with oil and parmesan Grilled lamb Romanesco broccoli in oil Bread Fruit
<b>Thursday</b>	Vegetable soup with pasta Cod/hake fillet medallions Potatoes in oil Bread Fruit	Pumpkin risotto Ham Mixed potatoes and boiled carrots Bread Fruit	Vegetable soup with pasta Omelette Crispy Baked Potatoes Bread Fruit	Vegetable soup with pasta Breaded plaice fillets Fried potatoes Bread Fruit
<b>Friday</b>	Pasta with potatoes Ricotta Boiled carrots Bread Fruit	Legumes cream/soup with pasta Cod fillets/hake with lemon Tomatoes Bread Fruit	Legumes cream/soup with pasta Grilled turkey Fillet carrots Bread Fruit	Tomato sauce risotto Egg soufflé Mixed salad Bread Fruit

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