

WINTER MENU

2022/2023 SCHOOL YEAR – PRIMARY YEAR PROGRAMME “INTERNATIONAL SCHOOL BRESCIA”



	1st WEEK	2nd WEEK	3rd WEEK	4th WEEK
MONDAY	Pasta with oil and Grana cheese Omelette Green salad Fruit in season	Wholemeal pasta with tomato sauce Mozzarella Baked fennel* Fruit in season	Creamy legume soup with croutons Chicken nuggets* with herbs and spices Baked potatoes Fruit in season	Pasta with pesto Stringy cheese cutlet** Baked spinach* Fruit in season
TUESDAY	Saffron risotto Oven-roasted chicken thighs Baked potatoes* Fruit in season	Green/red salad Pizza Margherita with cooked prosciutto ham Fruit in season	Pasta with Amatriciana sauce (with cooked prosciutto ham) Primo sale cheese Green/red salad Fruit in season	Green/red salad and corn Pizza margherita with Cheese Fruit in season
WEDNESDAY	Vegetable minestrone Vegetable croquettes Green and red salad Fruit in season	Pasta with turmeric Chicken and turkey meatballs* with sauce Marinated savoy cabbage Fruit in season	Milanese risotto* Whipped eggs Baked green beans* Fruit in season	Parmesan risotto Bean and vegetable burger Carrot chips Fruit in season
THURSDAY	Sardinian gnocchetti with meat sauce Asiago cheese Baked Swiss chard* Fruit in season	Country-style soup with beans Milanese pork cutlet Baked potatoes Fruit in season	Green/red salad Braised beef with polenta Fruit in season	Creamed vegetables* Roasted veal rump Baked potatoes* Fruit in season
FRIDAY	Lean butter and sage ravioli Blue shark steak** with crispy aromatic breadcrumbs Carrot chips Fruit in season	Creamy pumpkin risotto Cod fillet fingers** Green/red salad with corn Chocolate pudding	"Chicche della Nonna"* with vegetables Fish balls** and vegetables Carrot chips Fruit in season	Wholemeal pasta with tuna and tomato Baked cod fillet with parsley and olives Green and red salad Fruit juice



*The product may be frozen. (For the lasagne dish, only the egg pasta is frozen).

**The product is frozen

Bread with reduced salt content (1.7% by weight of flour - in accordance with the requirements of the Lombardy region)

Extra-virgin olive oil is used in the preparations

Seasonal fruit is used: clementine - orange - apple – pear – banana – grapes

Daily alternatives; for the first course: pasta or rice with extra-virgin olive oil or tomato sauce - for the second course: cooked prosciutto ham or tuna or cheese – as a side dish: mixed salad – as fruit: yoghurt

