



SPRING - SUMMER MENU

**2023/2024 SCHOOL YEAR – PRIMARY YEARS PROGRAMME
“INTERNATIONAL SCHOOL BRESCIA”**

	1st WEEK	2nd WEEK	3rd WEEK	4th WEEK
MONDAY	Lean butter and sage raviolini Mozzarella Baked carrots* and beans* Fresh fruit	Pasta in cream of courgette Bean and vegetable burger Tomatoes Fresh fruit	Pasta with tomato sauce Hard-boiled egg Tomatoes Fresh fruit	Pasta with oil and Grana cheese Omelette Baked spinach* Fresh fruit
TUESDAY	Green and red salad Pizza margherita Cooked prosciutto ham Fresh fruit	Gnocchetti with vegetable sauce PDO Asiago cheese Baked green beans* Fresh fruit	Pasta with herbs Roasted veal rump Baked potatoes* Fresh fruit	Summer lasagne Sliced Turkey Julienne carrots Fresh fruit
WEDNESDAY	Pasta with tomato sauce Breaded chicken nuggets Baked green beans* Fresh fruit	Parmesan risotto Turkey escalope Julienne carrots Fresh fruit	Farro salad with cherry tomatoes and pesto Milanese pork loin Baked courgette* Fresh fruit	Saffron risotto Beef burger* Green and red salad Fresh fruit
THURSDAY	Rice salad with diced seasonal vegetables Pork loin roast Green salad Fresh fruit	Cream of cannellini beans with croutons Beef meatballs* with sauce Baked courgette* Fresh fruit	Green salad with corn Piadina with prosciutto ham and cheese Fresh fruit	Organic wholemeal pasta with meat sauce Primo sale cheese Tomatoes Fresh fruit
FRIDAY	Pasta with pesto Slice of verdesca** in pizzaiola style Marinated savoy cabbage Fresh fruit	Pasta salad with tuna, olives and cherry tomatoes Golden cod** fillet with fine herb Green salad Ice cream	Organic wholemeal pasta with eggplant Cod sticks** Julienne carrots Fresh fruit	Pasta with tuna and tomato Octopus** with potatoes and olives Ice cream

*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: nectarine / yellow peach - apple - apricot – banana – pineapple



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

