

INTERNATIONAL SCHOOL MONZA

WINTER MENU' 2018/2019 PRIMARY-MIDDLE SCHOOL FROM 5/11/2018

	1° week	2° week	3° week	4° week
Monday	Pasta with tomato and basil Parmesan cheese Broccoli with extra virgin olive oil* Seasonal fruits	Meat ravioli with tomato sauce Baked legs of chicken Swiss chard* Seasonal fruits	Potato dumplings with tomato sauce Quick cheese Baked broccoli* Organic yogurt	Pasta with smoked ham and saffron Chicken and turkey wurstel Mashed potatoes Organic yogurt
Tuesday	Meat soup pasta Beef stew with peas* Corn meal mush Seasonal fruits	Pasta with meat and tomato Ricotta cheese and spinach balls* Broccoli* Pudding	Pasta with rocket sauce Stewed meat balls Corn meal mush Seasonal fruits	Risotto with saffron Veal roasted with aromas Carrots with extra virgin olive oil* Seasonal fruits
Wednesday	Vegetables soup* Chicken cutlet* Au gratin fennels* Organic yogurt	Pasta with lentils Hamburger with tomato sauce Chards* Organic yogurt	Pasta with beans Omelette with cheese and spinach* French beans* Organic yogurt	Lasagna with tomato and meat* Crescenza cheese French beans with tomato sauce* Seasonal fruits
Thursday	Wholemeal pasta with mozzarella cheese and tomato Ham and cheese pie* Peas with tomato sauce* Seasonal fruits	Pizza Margherita Ham Mixed salad Seasonal fruits	ETHNIC MENU': FRANCE Potatoes soup Quiche lorraine* Salad Chocolat mousse	Ricotta cheese and spinach ravioli with butter and sage Omelette with tomato Au gratin spinach* Organic yogurt
Friday	Roman dumpling style Baked codfish finger* Au gratin french beans* Fruit mousse	Pasta with tomato and tuna sauce Au gratin codfish with tomatoes* Carrots* Seasonal fruit	Risotto with pumpkin Quinoa burger Spinach with extra virgin olive oil* Seasonal fruits	Pasta with pesto sauce Au gratin codfish fillet* Baked potatoes Daisy cake

- **contains frozen products*