

## WINTER MENU 11<sup>th</sup> – 15<sup>th</sup> November 2024

|   |  |   |
|---|--|---|
| <b>Monday 11<sup>th</sup> November 2024</b>                           |  | <b>Extra Curricular activities</b>                            |
| <b>First courses</b>  | PASTA with TOMATO SAUCE and RICOTTA (1,3)<br>CHICKPEAS and SPINACH SOUP  | Chickpeas and spinach soup<br>Vegetables omelette and carrots |
| <b>Second courses</b>   | TURKEY ROAST (1,3) + RAW or COOKED* VEGETABLES<br>OMELETTE with VEGETABLES (2,3) + RAW OR COOKED* VEGETABLES                         | Fruit   |
| <b>Daily Salad</b>  | with BRESAOLA and GREEN BEANS  |   |
| <b>Dessert</b>  | FRUIT  |   |
| <b>Tuesday 12<sup>th</sup> November 2024</b>                          |  | <b>Nursery, P1-P2</b>   |
| <b>First courses</b>  | PASTA with PESTO SAUCE (1,2,3,12,13)<br>PLAIN RICE   | Pasta with pesto sauce<br>Chicken thigh and broccoli          |
| <b>Second courses</b>   | CHICKEN THIGHS + RAW or COOKED* VEGETABLES<br>LENTILS and SPINACH PIE (2) + RAW or COOKED* VEGETABLES                                | Fruit   |
| <b>Daily Salad</b>  | with HAM and FENNELS   |   |
| <b>Daily Salad Veg</b>  | with HARD-BOILED EGGS and FENNELS (2)  |   |
| <b>Dessert</b>  | FRUIT  |   |
| <b>Wednesday 13<sup>th</sup> November 2024      CANTEEN CLOSED</b>    |  |   |
| <b>Thursday 14<sup>th</sup> November 2024      **HUNGARIAN MENU**</b> |  | <b>Nursery, P1-P2</b>   |
| <b>First courses</b>  | VEGETABLES SOUP with RICE<br>PASTA with TOMATO and SPECK (1)   | Vegetables soup with rice<br>Hungarian Gulasch with peas      |
| <b>Second courses</b>   | BROCCOLI and CHEESE PIE (2,3) + RAW or COOKED* VEGETABLES<br><b>HUNGARIAN GULASCH</b> + RAW or COOKED* VEGETABLES                    | Fruit   |
| <b>Daily Salad</b>  | with SPECK and CHEESE (3)  |   |
| <b>Daily Salad Veg</b>  | with CHEESE, TOMATOES and CORN (3)   |   |
| <b>Dessert</b>  | FRUIT or YOGURT (3)  |   |
| <b>Friday 15<sup>th</sup> November 2024</b>                           |  |   |
| <b>First courses</b>  | WHOLE WHEAT PASTA with LENTILS SAUCE (1)<br>GNOCCHI of SEMOLINA (1,3)  |   |
| <b>Second courses</b>   | PORK with HAM and CHEESE (1,3) + RAW or COOKED* VEGETABLES*<br>OMELETTE with COURGETTES and CHEESE (2,3) + RAW or COOKED* VEGETABLES |   |
| <b>Daily Salad</b>  | with GRILLED CHICKEN and OLIVES  |   |
| <b>Daily Salad Veg</b>  | with FRESH CHEESE and TOMATOES (3)   |   |
| <b>Dessert</b>  | FRUIT  |   |

\*PRODUCTS OF FROZEN ORIGIN

## ALLERGENICS USED IN THE MENUS:

|                     |   |
|---------------------|---|
| 1- GLUTINE          | Cereals containing GLUTEN                                       |
| 2-UOVA              | EGGS and derivatives  |
| 3- LATTE            | MILK and derivatives  |
| 4- CROSTACEI        | SHELLFISH and derivatives                                       |
| 5- PESCE            | FISH and derivatives  |
| 6- MOLLUSCHI        | MOLLUSCS and derivatives  |
| 7- SESAMO           | SESAME seeds and derivatives                                    |
| 8- SENAPE           | MUSTARD and derivatives   |
| 9- SOIA             | SOYA and derivatives  |
| 10- SEDANO          | CELERY and derivatives  |
| 11- SOLFITI         | SULPHUR DIOXIDE and SULPHITES                                   |
| 12- ARACHIDI        | PEANUT and derivatives  |
| 13- FRUTTA A GUSCIO | NUTS (almond, hazelnut, walnut, pistachio, etc) and derivatives |
| 14- LUPINI          | LUPIN and derivatives   |

### **COURSES PREPARED EVERY DAY:**

FIRST COURSES – PLAIN PASTA OR WITH TOMATO SAUCE

SECOND COURSES – DAILY SALAD VEGETARIAN COURSE

Extra menu options may be offered at the end of the service, which will be appropriately indicated at the self-service, together with an indication of allergens.