

## WINTER MENU 4<sup>th</sup> – 8<sup>th</sup> November 2024

<b>Monday 4<sup>th</sup> November 2024</b>		<b>Extra Curricular activities</b>
<b>First courses</b>	VEGETABLES SOUP (1,10) WHOLE WHEAT PASTA, tomato sauce and speck (1)	Vegetables soup with barley Beef stew, polenta and peas
<b>Second courses</b>	BEEF STEW (1) + RAW or COOKED* VEGETABLES PIE with SPINACH and CHEESE (1,3) + RAW or COOKED *VEGETABLES	Fruit
<b>Daily Salad</b>	with GRILLED CHICKEN	
<b>Daily Salad Veg</b>	with CHICKPEAS and CORN	
<b>Dessert</b>	FRUIT	
<b>Tuesday 5<sup>th</sup> November 2024</b>		<b>Nursery, P1-P2</b>
<b>First courses</b>	WHOLE WHEAT PASTA with COURGETTES PESTO (1,3) RICE with VEGETABLES and HAM	Pasta with courgettes pesto Flounder with breadcrumbs
<b>Second courses</b>	FLOUNDER with breadcrumbs* (1,5) + RAW or COOKED* VEGETABLES CHEESE OMELETTE (2,3) + RAW or COOKED* VEGETABLES	Fennels Fruit
<b>Daily Salad</b>	with HAM and CHEESE (3)	
<b>Daily Salad Veg</b>	with HARD-BOILED EGGS and LENTILS (2)	
<b>Dessert</b>	FRUIT	
<b>Wednesday 6<sup>th</sup> November 2024</b>		<b>CANTEEN CLOSED</b>
<b>Thursday 7<sup>th</sup> November 2024</b>		<b>Nursery, P1-P2</b>
<b>First courses</b>	PIZZA MARGHERITA (1,3) CARROTS and PUMPKIN SOUP	<b>ORAL REPORT DAY</b>
<b>Second course</b>	FISH CROQUETTE* (1,2,5) + RAW or COOKED* VEGETABLES POTATOES and BROCCOLI BURGER (3) + RAW or COOKED* VEGETABLES	
<b>Daily Salad</b>	with OLIVES and CHEESE (3)	
<b>Dessert</b>	FRUIT or PUDDING (3) or COOKED APPLE	
<b>Friday 8<sup>th</sup> November 2024</b>		
<b>NO STUDENTS DUE TO TRANSPORT STRIKE</b>		

## 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.