



Chatterbox English School – Autumn/Winter

	1st week	2nd week	3rd week	4th week	5th week
Monday	Baked lasagna Cooked ham Shredded carrot Bread Fruit	Pasta with butter and parmesan Veal escalopes with lemon Spinach with olive oil Bread Fruit	Fregola with vegetable ragout Egg soufflé Fennel salad Bread Fruit	Pasta with light pesto Diced chicken/turkey stew Tomatoes Bread Fruit	Cream of lentil soup with pasta Sardinian provoletta cheese Tomatoes Bread Fruit
Tuesday	Cream of vegetable soup/ minestrone with pasta Cooked turkey breast Oven baked potatoes Bread Fruit	Pasta with pumpkin Meatballs / fillet sticks of Cod Green salad Bread Fruit	Pasta with butter and parmesan Sea bass fillet medallions Broccoli with olive oil Bread Fruit	Pasta with tomato sauce Cod or hake fillets with orange Shredded carrots Bread Fruit	Ravioli with tomato sauce Roast beef Sautéed chard Bread Fruit
Wednesday	Pasta with tomato sauce Ricotta Sautéed chard Bread Fruit	Cream of chickpea soup with pasta Pecorino or Dolce Sardo cheese Shredded carrots Bread Fruit	Pasta with vegetable ragout Baked beef burger Green beans with olive oil Bread Fruit	Cream of bean soup with pasta Mozzarella Green salad Bread Fruit	Pasta with turnip sauce/Pasta with courgettes Omelette Fennel salad Bread Fruit
Thursday	Parmesan rice Beef stew Green salad Bread Fruit	Pasta with fresh tomato and basil Cod or hake fillet with lemon Potatoes with olive oil Bread Fruit	Pasta in meat broth Breaded pork cutlet Green salad Bread Fruit	Fregola with fresh tomato sauce/ Pasta with fish and tomato sauce Plaice fillets breaded/au gratin Shredded fennel Bread Fruit	Pasta in vegetable broth Chicken breast with lemon Spinach with olive oil Bread Fruit
Friday	Marinara pasta Breaded plaice fillets Fennel salad Bread Fruit	Saffron risotto Roasted chicken drumsticks Tomatoes Bread Fruit	Cream of vegetable soup/ minestrone with pasta Potato patty Fennel salad Bread Fruit	Rice with courgette Beef meatballs in tomato sauce Spinach with olive oil Bread Fruit	Risotto with endive Cod fillets au gratin Potatoes with olive oil Bread Fruit

N.B. THE FISH AND VEGETABLES INCLUDED IN THE SOUPS COULD BE FROZEN

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	6th week	7th week	8th week	9th week
Monday	Pasta with butter and parmesan Roast beef Green beans with olive oil Bread Fruit	Pasta with meat ragout Scrambled eggs Fennel salad Bread Fruit	Pasta with tomato sauce Cod fillet medallions Green salad Bread Fruit	Saffron risotto Beef stew Green beans with olive oil Bread Fruit
Tuesday	Vegetable risotto Cod or hake fillet with lemon Spinach with olive oil Bread Fruit	Marinara pasta Plaice fillets breaded/au gratin Green beans with olive oil Bread Fruit	Pasta with butter and parmesan Creamed breast strips of chicken Fennel salad Bread Fruit	Tortellini with butter and parmesan Soft cheese like Crescenza Insalata verde Bread Fruit
Wednesday	Pasta with light pesto Roasted chicken drumsticks Green salad Bread Fruit	Cream of vegetable soup/ minestrone with pasta Baked beef meatballs Mash potatoes Bread Fruit	Tomato risotto Cod or hake fillet with lemon Mixed salad Bread Fruit	Pasta with butter and parmesan Baked pork burger Broccoli with olive oil Bread Fruit
Thursday	Pasta with tomato sauce Cod fillet medallions Fennel salad Bread Fruit	Pizza Margherita Cooked ham Green salad Bread Fruit	Cream of lentil soup with pasta Ricotta Oven baked potatoes Bread Fruit	Minestra in brodo di carne Plaice fillets breaded/au gratin Sautéed potatoes Bread Fruit
Friday	Pasta with potato Ricotta Shredded carrots Bread Fruit	Pasta with butter and parmesan Boiled beef Tomatoes Bread Fruit	Vegetable risotto Mixed meat meatballs with tomato sauce Shredded carrots BreadFruit	Ravioli with tomato sauce Egg soufflé Mixed salad Bread Fruit

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