

School lunch meals: 9 week menu'



Autumn-Winter (VEGETARIAN)

	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week	8th week	9th week
Monday	Pasta with tomato and basil Oven baked vegetable burger Green salad Fresh fruit Bread	Vegetable broth With pasta Legume veggieballs Mash potatoes Fresh fruit Bread	Harlequin risotto Sheep's milk ricotta Steamed green beans Fresh fruit Bread	Parmesan and tomato sauce pasta Spinach or courgette omelette Mixed salad Fresh fruit Bread	Vegetable broth Stewed lentils Steamed carrots Fresh fruit Bread	Milanese risotto Casu axedu cheese Fennel or tomato Fresh fruit Bread	Pasta with evo oil Pecorino cheese Steamed green beans Fresh fruit Bread	Pasta with oil Vegetable fingers Sauteed beets Fresh fruit Bread	Risotto with herbs Eggs/omelette with tomato sauce Mixed salad Fresh fruit Bread
Tuesday	Carrot risotto Cream of mixed legumes soup Sauteed beets Fresh fruit Bread	Pizza margherita Mozzarella Green salad Fresh fruit Bread	Cream of chickpea soup Vegetable veggieballs Fennel or tomatoes Fresh fruit Bread	Risotto with tomato and parmesan Pecorino cheese Green salad Fresh fruit Bread	Ravioli with tomato sauce Vegetable egg flan Sauteed green beans Fresh fruit Bread	Farfalle pasta with tomato sauce Potato egg flan Steamed spinach Fresh fruit Bread	Vegetable broth with pasta Legume salad Potatoes with green sauce Fresh fruit Bread	Malloreddus with tomato sauce Sheep's cheese ricotta with honey Fennel or tomatoes Fresh fruit Bread	Vegetable broth with pasta Vegetable burgers Mash potato Fresh fruit Bread
Wednesday	Vegetable minestrone Beans or chickpea salad Steamed potatoes Fresh fruit Bread	Rice with evo oil Vegetable fingers Fennel or tomatoes Fresh fruit Bread	Fusilli with evo oil Vegetable souffle Steamed carrots Fresh fruit Bread	Spring broth Vegetable flan with egg Steamed potatoes Fresh fruit Bread	Courgette risotto Dolce sardo Arborea cheese Mixed salad Fresh fruit Bread	Chifferi with oil Cream of legumes soup Mixed salad Fresh fruit Bread	Cream of legumes soup Potato and tomato omelette Mixed salad Fresh fruit Bread	Legumes minestrone Mozzarella Steamed potatoes Fresh fruit Bread	Gnocchetti with tomato sauce Legume veggieballs Steamed green beans Fresh fruit Bread
Thursday	Malloreddus with tomato sauce Pecorino cheese Tomatoes and fennel Fresh fruit Bread	Ricotta ravioli with tomato sauce Tomato omelette Julienne carrots Fresh fruit Bread	Pasta with vegetable ragout Vegetable seitan oven cutlet Green salad Fresh fruit Bread	Fregola with tomato sauce Chickpea or bean salad Sauteed beets Fresh fruit Bread	Bean minestrone Vegetable burger Fennel or tomatoes Fresh fruit Bread	Potato soup Bean or chickpea salad Steamed carrot Fresh fruit Bread	Vegetable risotto Stewed lentils Green salad Fresh fruit Bread	Pasta with pesto Beets omelette Mixed salad Fresh fruit Bread	Pasta with tomato sauce Sheep's cheese Ricotta Julienne carrots Fresh fruit Bread
Friday	Pasta with evo oil Omelette with Aromatic herbs Steamed green beans Fresh fruit Bread	Vegetable soup Soia and vegetable veggieballs Green salad Fresh fruit Bread	Pasta with tomato sauce and parmesan Sardinian Provoletta cheese Julienne carrots Fresh fruit Bread	Legumes soup Mozzarella Fennel or tomatoes Fresh fruit Bread	Mediterranean pasta Cream of legumes soup Green salad Fresh fruit Bread	Fregola with Vegetable ragout Cheese omelette Green salad Fresh fruit Bread	Pizza margherita Mozzarella Fennel or tomatoes Fresh fruit Bread	Risotto with tomato sauce Vegetable veggieballs Steamed carrots Fresh fruit Bread	Cream of courgette soup Tofu and vegetable nuggets Green salad Fresh fruit Bread