

School lunch meals: 9 week menu'



Spring - Summer (VEGETARIAN)

	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week	8th week	9th week
Monday	Pasta with evo oil Vegetable fingers Mixed salad Fresh fruit Bread	Gnocchetti with tomato sauce Bean salad Green salad Fresh fruit Bread	Tortiglioni pasta with aubergines Omelette Mixed salad Fresh fruit Bread	Vegetable risotto Stuffed chickpea Green salad Fresh fruit Bread	Ravioli with tomato sauce Cream of legumes soup Steamed green beans Fresh fruit Bread	Rice with oil and parmesan cheese Omelette with aubergine Three colour salad Fresh fruit Bread	Fregola with vegetables Vegetable veggieballs Green salad Fresh fruit Bread	Farfalle pasta with tuna Vegetable and mozzarella flan Mixed salad Fresh fruit Bread	Pasta salad Casu friscu fresh cheese Tomatoes Fresh fruit Bread
Tuesday	Malloreddus with tomato sauce Cow's milk ricotta Tomatoes Fresh fruit Bread	Mezzeperenne pasta with tuna Stewed lentils Mixed salad Fresh fruit Bread	Rice with oil and parmesan cheese Vegetable veggieballs Steamed green beans Fresh fruit Bread	Farfalle pasta with pesto Fresh cheese Julienne carrots Fresh fruit Bread	Courgette soup Bean salad Oven baked potatoes Fresh fruit Bread	Fusilli pasta with tomato sauce Cow's milk ricotta Mixed salad Fresh fruit Bread	Pasta and chickpeas Egg and aromatic herb omelette Tomatoes Fresh fruit Bread	Ricotta ravioli with tomato sauce Vegetable seitan cutlet Julienne carrots Fresh fruit Bread	Vegetable broth with pasta Stewed lentils Steamed carrots Fresh fruit Bread
Wednesday	Vegetable broth with pasta Vegetable seitan cutlet Oven baked potatoes Fresh fruit Bread	Fusilli pasta with vegetable ragout Courgette omelette Steamed beets Fresh fruit Bread	Gnocchetti pasta with tomato sauce Casuaxedu cheese Green salad Fresh fruit Bread	Penne pasta with Evo oil Legumes veggieballs Steamed spinach Fresh fruit Bread	Pasta with butter Eggs/omelette with tomato sauce Green salad Fresh fruit Bread	Farfalle pasta with courgettes Vegetable fingers Steamed carrots Fresh fruit Bread	Spring broth Lentils Steamed potatoes Fresh fruit Bread	Carrot and courgette soup Mozzarella Tomatoes Fresh fruit Bread	Farfalle pasta with vegetable ragout Omelette with wild asparagus / seasonal vegetables Green salad Fresh fruit Bread
Thursday	Courgette risotto Vegetable and legumes burger Julienne carrots Fresh fruit Bread	Pizza margherita Mozzarella Green salad Fresh fruit Bread	Carrot soup Cream of legumes soup Parsley potatoes Fresh fruit Bread	Fregola with tomato sauce Cheese omelette Mixed salad Fresh fruit Bread	Rice salad Dolce sardo Arborea cheese Mixed salad Fresh fruit Bread	Gnocchetti with tomato sauce Legumes veggieballs Green salad Fresh fruit Bread	Milanese risotto Casu axedu cheese Steamed green beans Fresh fruit Bread	Pasta with aubergines Vegetable and legumes veggieballs Steamed carrots Fresh fruit Bread	Pasta with evo oil Cream of legumes soup Mixed salad Fresh fruit Bread
Friday	Pasta with garlic, oil and pepper Egg souffle with herbs Green salad Fresh fruit Bread	Wild fennel soup Legumes salad Steamed carrots Fresh fruit Bread	Mediterranean pasta Vegetable and mozzarella flan Tomatoes Fresh fruit Bread	Vegetable broth with pasta Mozzarella Steamed potatoes Fresh fruit Bread	Farfalle pasta with vegetable ragout Vegetable burger Tomatoes Fresh fruit Bread	Vegetable soup Dolce sardo Arborea cheese Oven baked potatoes Fresh fruit Bread	Pizza margherita Mozzarella Mixed salad Fresh fruit Bread	Risotto with oil and parmesan Courgette omelette Green salad Fresh fruit Bread	Gnocchetti with tomato sauce Vegetable burger Julienne carrots Fresh fruit Bread