

AUTUMN'S MENU'



ALL THE DISHES ARE MADE IN THE COOKING CENTRE OF THE SCHOOL-MEAL

SCHOOL -YEAR 2019/2020 NURSERY-SCHOOL /PRIMARY-SCHOOL/HIGH-SCHOOL

FROM 30/09/2019 TO 21/12/2019

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>1st Week</i>	Pasta with tomato and basil Braised Peas Carrots to julienne art Organic bread Fresh Fruit	Rice with parsley Roasted Chicken Tris of vapoured vegetables Organic bread Fresh Fruit	Salad and mais *Pizza margherita Yoghurt Organic bread	Vegetable Cream soup with barley Turkey-balls (made by the cook) Fennel salad Organic bread Fresh Fruit	Pasta with vegetables Sprinkled with bread Sword-fish Roasted Courgettes Organic bread Fresh Fruit
<i>2nd Week</i>	Rice with saffron "Primo sale" Cheese Vapoured Green beans Organic bread Fresh Fruit	Polenta with beef meat sauce Fennels Organic bread Fresh Fruit	Pasta to " pesto" art Plain omelette with vegetables Mixed salad Pane bio Cocoa Pudding (made by the cook) Organic bread	Legume cream soup with pasta Potato nuggets(made by the cook) Carrots to julienne art Organic bread Fresh Fruit	Pasta with broccoli Sole fish made in oven Spinaches with oil Organic bread Fresh Fruit
<i>3rd Week</i>	Pasta with courgettes Plain omelette Green beans and small carrots Organic bread Fresh Fruit	Pasta with oil and garlic Roasted Turkey with orange juice Mixed salad Organic bread Fresh Fruit	Rice and tomato Legume Hamburgers (made by the cook) Spinaches Organic bread Fresh Fruit	Vegetables cream soup with barley Sole fish sprinkled with bread Carrots to julienne art Organic bread Fresh Fruit	Fennels *Pizza margherita Organic bread Fresh Fruit
<i>4th Week</i>	Ravioli with ricotta and spinaches Half part of Asiago cheese (d.o.p.) Carrots to julienne art Organic bread Fresh Fruit	Pasta with tomato souce Chicken Scallops Tris of vapoured vegetables Organic bread Fresh Fruit	Mixed salad Lasagne to "Bolognese" art with beef meat souce Organic bread Fresh Fruit	Pasta and beans Roasted potatoes Fennels salad Organic bread Fresh Fruit	Rice with extravirgin olive oil Codfish gratin with olives Green beans Organic bread Fresh Fruit

Notes:

Products from organic agriculture: pasta, barley, rice, beans, yoghurt, extravirgin oil, apple vinegar, preserved tomato, eggs, fruit juice, fresh vegetables.
 Fresh meat: beef, chicken, pork all coming from Italy. Iodised salt, ham without polifosfati. Birthday cake every month end. Fruit should be changed only twice a month with yoghurt. In order to
 get further informations you can go to this site: www.comune.vignate.mi.it/servizi/ristorazione-scolastica

* Just for the nursery -school half slice of pizza and a small mozzarella

Sara Gazzola