

MENU FOR NURSERY-PRIMARY SCHOOL CHILDREN

WEEK 9-13 JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicche in oil and basil	Pasta with tomato sauce	Mixed salad	Pumpkin soup with pastina	Risotto with grana cheese
Grana cheese & Asiago cheese	Ploughman's omelette	Braised meat with polenta	Roast chicken	Lemon sole
Carrot sticks	Courgettes		Lattuce	Green beans
Bread	Bread	Bread	Bread	Bread
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

MENU FOR MIDDLE SCHOOL CHILDREN

WEEK 9-13 JANUARY

WEDNESDAY	FRIDAY
Pasta with pesto	Risotto with Grana cheese
Braised beef	Lemon sole
Green salad	Green beans
Bread	Bread
Fresh fruit	Fresh fruit

Portions

FOOD	SERVING SIZE IN GRAMMES		
	NURSERY SCHOOL	PRIMARY SCHOOL	Middle School
Vegetable puree:			
Pasta/rice	25	30	40
Vegetables	80	90	90
Toasted bread	30	40	40
Vegetable cream:			
fresh/dried legumes	50/20	70/25	80/25
potatoes	40	50	65
vegetables	80	90	90
barley/spelt	25	30	40
Pasta/rice			
pasta	60	70	80
peeled tomatoes	40	50	55
vegetables	50	60	70
Tortelli ricotta and spinach stuffing	100	150	200
Potato dumplings	150	180	220
Grana cheese	7	10	10

Extra vergin oil for first course or seasoning	5	7	10
Pizza	150	180	200
Salad	30	40	50
Vegetables	100	40	50
Raw carrots	80	100	120
Tomatoes	100	120	150
Salad corn	20	30	40
Olives	10	15	20
Fish	80	100	120
Meat:			
Poultry-turkey-rabbit flesh-beef-pork	60	70	80
Parma ham	40	50	50
Eggs (gr 53-63)	N.1	n.1	N.1and 1/2
Fresh cheese	60	100	120
Aged cheese	40	60	80
Potatoes	100	150	170
Mashed potatoes	80 potatoes; 25 milk; 4 butter	100 potatoes: 25 milk; 4 butter	120 potatoes: 30 milk; 5 butter
Polenta (corn flour)	70	80	90
Bread (whole/white)	50/55	60/70	70/80
Fruit	100	150	200