

I WEEK 04-08 February / 04-08 March

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| <b>MONDAY</b><br><br><b>LUNCH:</b><br>Pasta with Tomato Sauce and Basil<br>All: Gluten<br><br>Turkey Bites<br><br>Mix Salad<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK :</b><br>Fresh Fruit | <b>TUESDAY</b><br><br><b>LUNCH :</b><br>Pasta "Sorrentina"<br>All: Gluten, Milk<br><br>Beef steak with Vegetables<br><br>Spinach<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>WEDNESDAY</b><br><br><b>LUNCH:</b><br>Risotto with Tomato Sauce<br>All: Milk<br><br>Chicken Bites<br><br>Green Beans<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>THURSDAY</b><br><br><b>LUNCH:</b><br>Pasta "Bolognese"<br>All: Gluten<br><br>Beef Burgers<br>All: Eggs, Milk, Gluten<br><br>Green Peas<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>FRIDAY</b><br><br><b>LUNCH:</b><br>Pizza Margherita<br>All: Gluten, Milk<br><br>Mini Plaice Fish burgers<br>All: Fish<br><br>Steamed Carrots<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit |
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II WEEK 11-15 February / 11-15 March

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| <b>MONDAY</b><br><br><b>LUNCH:</b><br>Pasta with Broccoli<br>All: Gluten<br><br>Chicken Bites<br><br>Green Beans<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK</b><br>Fresh Fruit | <b>TUESDAY</b><br><br><b>LUNCH:</b><br>Pasta "Marinara"<br>All: Gluten<br><br>Roasted Turkey<br><br>Green Salad<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>WEDNESDAY</b><br><br><b>LUNCH:</b><br>Pasta "Arrabbiata"<br>All: Gluten<br><br>Beef Bites<br><br>Spinach<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>THURSDAY</b><br><br><b>LUNCH</b><br>Pasta "Bolognese"<br>All: Gluten<br><br>Beef Steak with Vegetables<br><br>Potatos<br><br>Bread & Fruit<br>All : Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>FRIDAY</b><br><br><b>LUNCH:</b><br>Pasta With Tuna<br>All: Gluten, Fish<br><br>Sea Bream Fish Medallions<br>All: Fish, Gluten, Eggs<br><br>Spinach<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit |
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III WEEK 18-22 February / 18-22 March

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| <b>MONDAY</b><br><br><b>LUNCH:</b><br>Pasta with Tomato Sauce and Basil<br>All: Glutine<br><br>Turkey Bites<br><br>Green Peas<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>TUESDAY</b><br><br><b>LUNCH:</b><br>Saffron Risotto<br>All: Gluten, Milk<br><br>Beef Burgers<br>All: Eggs, Milk, Gluten<br><br>Carrots<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>WEDNESDAY</b><br><br><b>LUNCH:</b><br>Rice with Tomato Sauce<br>All : /<br><br>Ham & Potatoes Omelette<br>All: Eggs, Milk<br><br>Green Beans with Tomatoes<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>THURSDAY</b><br><br><b>LUNCH:</b><br>Pasta with Tomato Sauce<br>All: Gluten<br><br>Chicken Drumsticks<br><br>Chard<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>FRIDAY</b><br><br><b>LUNCH:</b><br>Pasta with Chickpeas<br>All: Gluten,<br><br>Breaded Fish Plaice<br>All: Gluten, Fish<br><br>Mix Salad<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit |
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IV WEEK 25 February - 01 March / 25-29 March

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| <b>MONDAY</b><br><br><b>LUNCH:</b><br>Pasta "Marinara"<br>All: Gluten<br><br>Chicken Nuggets<br>All: Gluten<br><br>Spinach<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>TUESDAY</b><br><br><b>LUNCH:</b><br>Pasta with Pesto<br>All: Gluten, Milk<br><br>Spinach Omelette<br>All: Eggs, Milk<br><br>Green Salad<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>WEDNESDAY</b><br><br><b>LUNCH:</b><br>Pasta with Tomatoes Sauce<br>All: Gluten<br><br>Beef Steak with Vegetables<br><br>Baked Potatoes<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>THURSDAY</b><br><br><b>LUNCH:</b><br>Pasta "Bolognese"<br>All: Gluten<br><br>Beef Burgers<br>All: Eggs, Milk, Gluten<br><br>Buttered Carrots<br>All: Milk<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit | <b>FRIDAY</b><br><br><b>LUNCH:</b><br>Pasta with Tuna<br>All: gluten, fish<br><br>Mini Sea Bream Fish burgers<br>All: Fish; Eggs, Gluten<br><br>Chard<br><br>Bread & Fruit<br>All: Gluten<br><br><b>AFTERNOON SNACK:</b><br>Fresh Fruit |
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EVERYDAY OPTIONS:

|                          |             |
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| Bread: Rosetta o Bifetta | Plain Pasta |
| FRUIT: 3 Different Types | Plain Rice  |

MORNING SNACK:

Plain Focaccia / Fette Biscottate / Pavesini / Plasmon / Lemon Ciambellone