

SCHOOL DAILY

Menu

@Montessori In Daily Life

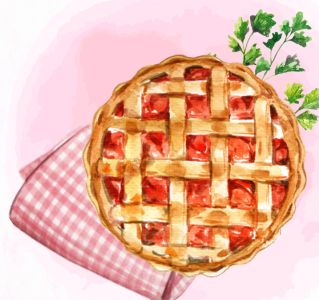


Main

- Pasta and tomatoes with parmiggiano
- Pasta and pesto + mozzarelline
- Risotto zafferano
- Tortellini with tomato sauce
- Gnocchi alla sorrentina
- Spaghetti and burrata
- Pasta al ragout
- Penne tomato sauce and ricotta
- Ravioli butter and parmiggiano
- Lasagna
- Spaghetti meatballs and tomato sauce
- Cold pasta salad
- Pasta and tuna
- Pizza

Snacks

- Dried fruits
- Dates
- Yogurt
- Carrot sticks
- Babybel cheese
- Grissini and cheese
- Pretzels
- Fruits
- Dark chocolate
- Energy balls
- Peanut butter sandwich and apples
- Fruit juice
- Cereal bars
- Cracker
- Seaweed chips
- Nuts



Second

- Salmon and brussels sprouts
- Burger with green beans
- Sandwich with prosciutto cotto and mozzarella
- Chicken nuggets
- Frittata with zucchini
- Meatballs and steamed broccoli
- Cotoletta and fries
- Chicken and roasted potatoes
- Mozzarella and Prosciutto, turkey breast, bresaola, cheese
- Fish sticks
- Bread

Fruits and veggies

- Slices of apples, pears, grapes, plums, mango, pineapple, raisins, strawberries, blueberries, banana, clementine, melon
- Carrot sticks
- Olives
- Bell pepper
- Cucumber
- Colorful cherry tomatoes
- Peas
- Broccoli
- Beans and green beans

Dessert

- Homemade cakes and muffins
- Home made pie
- Dark chocolate
- Pancakes
- Fruits
- Dates
- Animal shape cookies
- Sweet bread
- Dates cookies
- Rice cake with yogurt

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