

SCUOLA DELL' INFANZIA- NIDO INTEGRATO

"Santa Teresa del Bambin Gesù" LUMIGNANO

The kitchen of our school is equipped with the most modern gear for meals preparation, handled by an expert cook to meet different needs.

Kindergarten lunches are highly valuable in terms of both nutrition and education. They offer the chance to adopt correct eating habits through varied menu choices and help to develop sense of taste, in line with calorie-regulated meals to balance nutritional needs.

Hygienic health is the basis of meal preparation, in keeping with all the rules. Meals are prepared according to the HACCP risk analysis and control system, also referred to as the "Hazard Analysis Critical Control Point".

This system pays attention especially on the quality of foodstuffs, suppliers, controls and staff trainings. Simple cooking methods are preferred to minimize chemical-physical changes that may affect the nutritional value of foods, with the abundance of plant-based foods. There are also products with protected designation of origin (D.O.P.) and products from organic farming. We accept demands of particular diets (allergic and / or intolerant children) by presenting a medical certificate.

The menu is prepared according to the directions and under the supervision of an ULLS nutritionist.

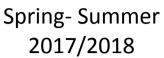
There are 2 seasonal menus divided into 4 weeks in rotation. The meal includes both common and integral bread.

- For the kindergarten, BIRTHDAYS are celebrated once a month, we gather all the birthdays of the month.
- For the childcare, each child celebrates his own birthday individually, preparing sweets or biscuits with the other children, the teachers and the cook the day before.
- Occasionally, there could be slight variations of the menu depending on the availability on the fresh products or available cereals.





Kindergarten







	Monday	Tuesday	Wednesday	Thursday	Friday
1^	Pasta Pomodoro Hard-boiled eggs Cooked vegetables	Brown pasta Pomodoro Pomodoro lentils or beans Raw vegetables	Noodle vegetable soup Chicken breast Potatoes and cooked vegetables	Risotto with zucchini Mixed cheese Raw vegetables	Cod baked Purée and peas Raw vegetables Dessert
2^	Zucchini creams with barley and rice Cheese Cooked vegetables	Gnocchi with white meat Raw vegetables	Risotto with seasonal vegetables Frittata Cooked vegetables	Pork loin Peas and oil potatoes Raw vegetables	Pasta Pomodoro and basil Baked fish meatballs Cooked vegetables
3^	Pomodoro Rice or spelt Cooked vegetables (oil beans)	Pasta with leek cream, zucchini and ricotta Raw vegetables	Noodle vegetable soup Hamburger Baked potatoes Cooked vegetables	Risotto with peas and ham Raw vegetables	Vegetable soup with pastina Baked platessa thread Oil potatoes or purée
4^	Oil and parmigian pasta Mixed cheese Raw vegetables	Pasta Pomodoro with beans Raw vegetables	Carrots cream with pastina Fish sticks Oil potatoes or purée	Risotto with vegetables Roll of turkey Cooked vegetables (spinach)	Pizza margherita Raw vegetables Dessert





Kindergarten Autumn-Winter 2017/2018





Pasta Pomodoro Hard-boiled eggs Cooked vegetables Cucchini creams with Darley and rice Cheese Dil potatoes	Brown pasta Pomodoro Pomodoro lentils or beans Raw vegetables Gnocchi with white meat Raw vegetables	Noodle vegetable soup Chicken breast Potatoes and cooked vegetables Risotto with seasonal vegetables Frittata Cooked vegetables	Risotto with zucchini Mixed cheese Raw vegetables Pork loin Peas and oil potatoes Raw vegetables	Cod baked Purée and peas Raw vegetables Dessert Pasta Pomodoro and basil Baked fish meatballs
Cooked vegetables Cucchini creams with Darley and rice Cheese Dil potatoes	beans Raw vegetables Gnocchi with white meat	Potatoes and cooked vegetables Risotto with seasonal vegetables Frittata	Raw vegetables Pork loin Peas and oil potatoes	Raw vegetables Dessert Pasta Pomodoro and basil Baked fish meatballs
Cucchini creams with parley and rice Cheese Dil potatoes	Raw vegetables Gnocchi with white meat	vegetables Risotto with seasonal vegetables Frittata	Pork loin Peas and oil potatoes	Dessert Pasta Pomodoro and basil Baked fish meatballs
parley and rice Cheese Dil potatoes	Gnocchi with white meat	Risotto with seasonal vegetables Frittata	Peas and oil potatoes	Pasta Pomodoro and basil Baked fish meatballs
parley and rice Cheese Dil potatoes		vegetables Frittata	Peas and oil potatoes	Baked fish meatballs
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Dil potatoes				
		223		Cooked vegetables
Pomodoro Rice or spelt	Pasta with leek cream,	Noodle vegetable soup	Risotto with peas and ham	Vegetable soup with pastina
Raw vegetables	Raw vegetables	Hamburger	Raw vegetables	•
oil beans)	Ü		5	Baked platessa thread
,		Cooked vegetables		Oil potatoes or purée
Dil and parmigian pasta Mixed cheese Raw vegetables	Pasta Pomodoro with beans Raw vegetables	Carrots cream with pastina	Risotto with vegetables Roll of turkey	Noodle vegetable soup Pizza margherita Raw vegetables
-	_	Fish sticks Oil potatoes or purée	Cooked vegetables (spinach)	_
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Childcare (12-36 months) Spring-Summer 2017/2018



	Monday	Tuesday	Wednesday	Thursday	Friday
1^	Pasta Pomodoro	Brown pasta Pomodoro	Noodle vegetable soup	Risotto with zucchini	Cod baked
	Hard-boiled eggs	Pomodoro lentils or	Chicken breast		Purée and peas
	Cooked vegetables	beans	Potatoes and cooked	Mixed cheese	Raw vegetables
		Raw vegetables	vegetables	Raw vegetables	Dessert
2^	Zucchini creams with	Gnocchi with white meat	Risotto with seasonal	Pork loin	Pasta Pomodoro and basil
	barley and rice	Raw vegetables	vegetables	Peas and oil potatoes	
	Cheese		Frittata	Raw vegetables	Baked fish meatballs
	Oil potatoes		Cooked vegetables		Cooked vegetables
3^	Pomodoro Rice or spelt	Pasta with leek cream,	Noodle vegetable soup	Risotto with peas and ham	Vegetable soup with
		zucchini and ricotta			pastina
	Raw vegetables	Raw vegetables	Hamburger	Raw vegetables	
	(oil beans)		Baked potatoes		Baked platessa thread
			Cooked vegetables		Oil potatoes or purée
4^	Oil and parmigian pasta	Pasta Pomodoro with	Carrots cream with	Risotto with vegetables	Noodle vegetable soup
	Mixed cheese	beans	pastina	Roll of turkey	Pizza margherita
	Raw vegetables	Raw vegetables			Raw vegetables
			Fish sticks	Cooked vegetables	
			Oil potatoes or purée	(spinach)	





Childcare (12-36 months) Autumn-Winter 2017/2018





	Monday	Tuesday	Wednesday	Thursday	Friday
1^	Pasta Pomodoro Hard-boiled eggs	Brown pasta Pomodoro Pomodoro lentils or	Noodle vegetable soup Chicken breast	Risotto with pumpkin	Cod baked Purée and polenta
	Cooked vegetables	beans Raw vegetables	Potatoes and cooked vegetables	Mixed cheese Raw vegetables	Raw vegetables Dessert
2^	Zucchini creams with barley and rice Cheese Oil potatoes	Gnocchi with white meat Raw vegetables Yogurt	Risotto Pomodoro Frittata Cooked vegetables	Meatballs with sauce Peas and oil potatoes Raw vegetables	Pasta oil and grana Baked fish meatballs Cooked vegetables
3^	Pomodoro Rice or spelt Raw vegetables (oil beans)	Pasta with leek cream and ham Raw vegetables	Noodle vegetable soup Hamburger Baked potatoes Cooked vegetables	Stew with polenta and oil potatoes Raw vegetables	Pumpkin and potatoes cream with rice Baked platessa thread Cooked vegetables
4^	Oil and parmigian pasta Mixed cheese Raw vegetables	Pasta with beans Raw vegetables	Carrots cream with pastina Fish sticks Oil potatoes or purée	Risotto with vegetables Roll of turkey Cooked vegetables (spinach)	Rice with vegetable soup Pizza margherita Raw vegetables

Snacks

Monday Tuesday	Wednesday	Thursday	Friday
Morning Morning	Morning	Morning	Morning
Fresh fruit Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Afternoon Afternoon	Afternoon	Afternoon	Afternoon
Milk and bread Yogurt	Mousse of fruit	Bread and jam	Dessert
Morning Morning	Morning	Morning	Morning
Fresh fruit Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Afternoon Afternoon	Afternoon	Afternoon	Afternoon
Mousse of fruit Ice cream/Pudding	Yogurt	Dessert	Bread and jam
Morning Morning	Morning	Morning	Morning
Fresh fruit Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Afternoon Afternoon	Afternoon	Afternoon	Afternoon
Mousse of fruit Yogurt	Bread and jam	Pudding	Milk and bread
Morning Morning	Morning	Morning	Morning
Fresh fruit Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Afternoon Afternoon	Afternoon	Afternoon	Afternoon
Milk and bread Yogurt	Mousse of fruit	Bread and jam	Dessert
Milk and bread	Yogurt	Yogurt Mousse of fruit	Yogurt Mousse of fruit Bread and jam

Beverages: water and juice