



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 Spring- Summer 2017/2018



	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

The meal includes common or wheat bread, seasonal vegetables will be used for the preparation of the dishes.



MENÙ – SCUOLA DELL'INFANZIA E NIDO INTEGRATO "SANTA TERESA DEL BAMBIN GESÙ"



Kindergarten
Autumn-Winter
2017/2018



	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 Oil potatoes	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 Raw 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)	Noodle vegetable soup Pizza margherita Raw vegetables

The meal includes common or wheat bread, seasonal vegetables will be used for the preparation of the dishes.



Childcare (12-36 months)
Spring-Summer
2017/2018



	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 Oil potatoes	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 Raw 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)	Noodle vegetable soup Pizza margherita Raw vegetables

The meal includes common or wheat bread, seasonal vegetables will be used for the preparation of the dishes.



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



	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 pumpkin Mixed cheese Raw vegetables	Cod baked Purée and polenta 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

The meal includes common or wheat bread, seasonal vegetables will be used for the preparation of the dishes.

Snacks

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

Beverages: water and juice