

	1ª SETTIMANA	2ª SETTIMANA	3ª SETTIMANA	4ª SETTIMANA	5ª SETTIMANA	6ª SETTIMANA	7ª SETTIMANA
	DAL 05/11/18 AL 09/11/18 DAL 07/01/19 ALL' 11/01/19 DAL 25/02/19 AL 01/03/19	DAL 12/11/18 AL 16/11/18 DAL 14/01/19 AL 18/01/19 DAL 04/03/19 ALL'08/03/19	DAL 19/11/18 AL 23/11/18 DAL 21/01/19 AL 25/01/19 DALL'11/03/19 AL 15/03/19	DAL 28/11/18 AL 30/11/18 DAL 28/01/19 AL 01/02/19 DAL 18/03/19 AL 22/03/19	DAL 03/12/18 AL 07/12/18 DAL 04/02/19 ALL'08/02/19 DAL 25/03/19 AL 29/03/19	DAL 10/12/18 AL 14/12/18 DALL'11/02/19 AL 15/02/19	DAL 17/12/18 AL 21/12/18 DAL 18/02/19 AL 22/02/19
LUNEDÌ	Pasta all'olio extravergine della Sabina (GRANO)	PIATTO UNICO	Pasta al pomodoro (GRANO)	Pasta e fagioli (GRANO, SEDANO)	Pasta con le melanzane (GRANO, LATTE E DERIVATI, FRUTTA A GUSCIO)	Pasta e ricotta (GRANO, LATTE E DERIVATI)	Pasta al pesto (GRANO, LATTE E DERIVATI, FRUTTA A GUSCIO)
	Parmigiano Reggiano (LATTE)	Pizza Margherita (GRANO, DERIVATI DEL LATTE)	Bocconcini di pollo al forno	Arrosti di tacchino al limone	Arrosti di manzo	Polpette vegetali (GRANO, LATTE E DERIVATI)	Perle di manzo agli odori
	Insalata mista	Bieta al vapore	Piselli al tegame	Spinaci al parmigiano reggiano (LATTE)	Pomodori all'insalata	Piselli al tegame	Cavolfiori all'agro
	Pane (GRANO)		Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)
	Frutta	Yogurt	Frutta	Frutta	Frutta	Frutta	Frutta
MARTEDÌ	Crema di verdure con pasta (GRANO, SEDANO)	Pasta al pomodoro e basilico (GRANO)	Pasta e ceci (GRANO)	Pasta al ragù bianco (GRANO)	Riso e lenticchie (SEDANO)	Pasta al ragù (GRANO, DERIVATI DEL LATTE)	Minestra di cereali e verdure (GRANO, SEDANO)
	Tagliata di petto di pollo	Polpette al forno (GRANO, DERIVATI DEL LATTE, UOVA)	Frittata al naturale (UOVA)	Filetto di merluzzo al gratin (PESCE, GRANO)	Stracchino (LATTE)	Frittata al naturale (UOVA)	Scamorza panata al forno (LATTE, GRANO)
	Zucchine lesse	Insalata di cetrioli e pomodori	Insalata di finocchi	Patate schiacciate	Cavolfiori all'agro	Insalata di carote	Patate arrosto
	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)
	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta
MERCOLEDÌ	Lasagna alla Bolognese (GRANO, DERIVATI DEL LATTE, UOVA)	Risotto al burro e parmigiano (DERIVATI DEL LATTE)	Risotto al ragù (SEDANO, DERIVATI DEL LATTE)	PIATTO UNICO	Minestrone estivo (GRANO, SEDANO)	PIATTO UNICO	Passato di legumi (SEDANO)
	Straccetti di bovino al tegame	Frittatina alle erbe fini (UOVA)	Scamorza ai ferri (LATTE)	Pizza Margherita (GRANO, DERIVATI DEL LATTE)	Straccetti di bovino al tegame	Pizza Margherita (GRANO, DERIVATI DEL LATTE)	Fusi di pollo al forno
	Spinaci all'olio extravergine della Sabina	Piselli al tegame	Insalata mista	Insalata di finocchi	Patate arrosto	Insalata di finocchi	Insalata mista
	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)		Pane (GRANO)		Pane (GRANO)
	Frutta	Frutta	Frutta	Yogurt	Frutta	Frutta	Frutta
GIOVEDÌ	Maccheroni al ragù vegetale (GRANO, SEDANO)	Pasta al pesto (GRANO, DERIVATI DEL LATTE, FRUTTA A GUSCIO)	Insalata di pasta fredda (GRANO)	Ravioli alla ricotta e spinaci burro e salvia (GRANO, DERIVATI DEL LATTE, FRUTTA A GUSCIO, UOVA)	Riso all'insalata (SEDANO)	Riso al parmigiano (GRANO, DERIVATI DEL LATTE)	Gnocchi al pomodoro (GRANO)
	Frittata alle erbe fini (UOVA)	Polpette vegane di legumi	Polpettone al forno (GRANO, DERIVATI DEL LATTE, UOVA)	Polpette al pomodoro e basilico (GRANO, DERIVATI DEL LATTE, UOVA)	Fusi di pollo al forno	Arrosti di tacchino al limone	Burger vegetali (DERIVATI DEL LATTE, UOVA)
	Mais e carote	Fagiolini al vapore	Purea di patate (LATTE)	Fagiolini al pomodoro	Insalata mista	Insalata mista	Broccolo romanesco
	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)
	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta
VENERDÌ	Pasta alla marinara (GRANO)	Pasta al tonno (GRANO, PESCE)	Pasta al ragù di calamari (PESCE, GRANO)	Pasta ai pomodori pachino, basilico e fiordilatte (GRANO, LATTE)	Risotto alla pescatora (PESCE, MOLLUSCHI)	Pasta al pomodoro (GRANO)	Risotto alla pescatora (PESCE, MOLLUSCHI)
	Sogliola al forno (PESCE)	Sformato di merluzzo al forno (PESCE, GRANO)	Limanda panata (PESCE)	Polpette vegane di legumi	Medaglioni di merluzzo al forno (PESCE, GRANO)	Limanda panata (GRANO, PESCE)	Cuori di merluzzo al forno (PESCE, GRANO)
	Mix di verdure (carote, piselli)	Finocchi all'insalata	Fagiolini all'olio	Insalata mista	Julienne di carote	Fagiolini all'olio	Carote bollite
	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)	Pane (GRANO)
	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta	Frutta

FREQUENZA ALIMENTI MESE (4 settimane)

PESCE	4 VOI TF
UOVA	3 VOLTE
CARNE ROSSA	4 VOI TF
CARNE BIANCA	3 VOLTE
FORMAGGI	2 VOI TF
VEGANO	2 VOLTE
PIATTO UNICO	2 VOI TF

Pranzo composto da primo-secondo-contorno-frutta-pane

Il piatto unico prevede la pizza Margherita accompagnata da contorno, frutta o yogurt

Per i primi piatti è data la possibilità di scegliere tra il condimento previsto e il semplice condimento con olio extravergine di oliva

Tra i contorni sono presenti principalmente verdure fresche di stagione








Le patate in quanto tuber, sono presenti prevalentemente come creme/passati/crocchette e in alcuni specifici abbinamenti

RIASSUNTO DEI FABBISOGNI ENERGETICI MEDI E DELLA QUOTA DEI MACRONUTRIENTI DA DESTINARSI AL PRANZO (40% DEL FABBISOGNO GIORNALIERO).

FABBISOGNI	ETA'	ETA'	ETA'	PERCENTUALI
	3 anni - 6 anni	6 anni - 11 anni	11 anni - 15 anni	
FABBISOGNO ENERGETICO	616	768	873	0,4
PROTEINE IN GR	18,6	28	42,8	0,15
GLUCIDI TOTALI IN GR	84	106	120	0,55
LIPIDI TOTALI IN GR	20	26	29	0,3



American Overseas School Pre-Kindergarten - Grade 1 - Grade 2 - Grade 3
WINTER MENU - S. Y. 2018/2019 (From 05/11/2018 to 29/03/2019)

	FIRST WEEK FROM 05/11/18 TO 09/11/18 FROM 07/01/19 TO 11/01/19 FROM 25/02/19 TO 01/03/19	SECOND WEEK FROM 12/11/18 TO 16/11/18 FROM 14/01/19 TO 18/01/19 FROM 04/03/19 TO 08/03/19	THIRD WEEK FROM 19/11/18 TO 23/11/18 FROM 21/01/19 TO 25/01/19 FROM 11/03/19 TO 15/03/19	FOURTH WEEK FROM 28/11/18 TO 30/11/18 FROM 28/01/19 TO 01/02/19 FROM 18/03/19 TO 22/03/19	FIFTH WEEK FROM 03/12/18 TO 07/12/18 FROM 04/02/19 TO 08/02/19 FROM 25/03/19 TO 29/03/19	SIXTH WEEK FROM 10/12/18 TO 14/12/18 FROM 11/02/19 TO 15/02/19	SEVENTH WEEK FROM 17/12/18 TO 21/12/18 FROM 18/02/19 TO 22/02/19
MONDAY	Pasta with Sabina' extra virgin olive oil (WHEAT)	SINGLE DISH	Pasta with tomato sauce (WHEAT)	Pasta with beans (WHEAT, CELERY)	Pasta with aubergines (WHEAT, DAIRY PRODUCTS, NUTS)	Pasta and ricotta cheese (WHEAT, DAIRY PRODUCTS)	Pasta with pesto (WHEAT, DAIRY PRODUCTS, NUTS)
	Parmesan Cheese (MILK)	Pizza Margherita (WHEAT, DAIRY PRODUCTS)	Baked chicken bites	Roast turkey with lemon flavor	Roast beef	Vegetables croquettes (WHEAT, DAIRY PRODUCTS)	Beef with herbs flavor
	Mixed Salad	Chard steamed 	Peas	Spinach and parmesan cheese (MILK)	Tomatoes	Peas 	Cabbage
	Bread (WHEAT)		Bread (WHEAT)	Bread (WHEAT) 	Bread (WHEAT)	Bread (WHEAT) 	Bread (WHEAT)
	Fruit	Yogurt	Fruit	Fruit	Fruit	Fruit	Fruit
TUESDAY	Vegetables and pasta (WHEAT, CELERY)	Pasta with tomatoes and basil (WHEAT)	Pasta with chickpeas (WHEAT)	Pasta with ragu' (WHEAT)	Rice with lentils (CELERY)	Pasta with ragu' (WHEAT, MILK)	Vegetables and cereals soup (WHEAT, CELERY)
	Chicken breast	Meatballs (WHEAT, DAIRY PRODUCTS, EGGS)	Omelette (EGGS)	Baked cod fillet (FISH, WHEAT)	Stracchino cheese (MILK)	Omelette (EGGS)	Mozzarella cheese (MILK)
	Zucchini	Cucumber and tomatoes	Fennels	Potatoes	Cabbage	Carrots	Roasted potatoes
	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
WEDNESDAY	Lasagna (WHEAT, DAIRY PRODUCTS, EGGS)	Risotto with butter and parmesan cheese (DAIRY PRODUCTS)	Rice and ragu' (CELERY, DAIRY PRODUCTS)	SINGLE DISH	Vegetables Soup (WHEAT, CELERY)	SINGLE DISH	Beans Soup (CELERY)
	Baked beef	Omelette (EGGS)	Mozzarella cheese (MILK)	Pizza Margherita (WHEAT, DAIRY PRODUCTS)	Beef with herbs flavor	Pizza Margherita (WHEAT, DAIRY PRODUCTS)	Baked chicken
	Spinach and parmesan cheese (MILK)	Peas	Mixed Salad	Fennels	Roasted potatoes 	Fennels	Mixed Salad 
	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)		Bread (WHEAT) 		Bread (WHEAT) 
	Fruit	Fruit	Fruit	Yogurt	Fruit	Fruit	Fruit
THURSDAY	Maccheroni with ragu' of vegetables (WHEAT, CELERY)	Pasta al pesto (WHEAT, DAIRY PRODUCTS, NUTS)	Salad of pasta (WHEAT)	Ravioli with sage and butter (WHEAT, DAIRY PRODUCTS, NUT, EGGS)	Salad rice (CELERY)	Rice with parmesan cheese (WHEAT, DAIRY PRODUCTS)	Tomatoes dumplings (WHEAT)
	Omelette with herbs (EGGS)	Vegan Nuggets	Baked Meatloaf (WHEAT, DAIRY PRODUCTS, EGGS)	Meatballs with tomatoes and basil (WHEAT, DAIRY PRODUCTS, EGGS)	Baked chicken	Roasted turkey with lemon flavor	Vegetables Burger (WHEAT, EGGS)
	Mais and carrots	Beans	Mashed potatoes (MILK)	Beans with tomatoes	Mixed Salad	Mixed Salad	Broccoli
	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
FRIDAY	Marinara pasta (WHEAT)	Pasta with tuna (WHEAT, FISH)	Pasta with squid ragu' (FISH, WHEAT)	Pasta with cherry tomatoes and basil (WHEAT)	Seafood Risotto (FISH, CLAMS)	Pasta with tomatoes sauce (WHEAT)	Seafood Risotto (FISH, CLAMS)
	Sole baked (FISH, WHEAT)	Flan of baked codfish (FISH, WHEAT)	Breaded plaice (FISH)	Vegan Nuggets	Flan of baked codfish (FISH, WHEAT)	Sole baked (FISH, WHEAT)	Baked codfish heart (FISH, WHEAT)
	Mix of vegetables (carrots, peas)	Fennels	Green beans with evoo	Mixed Salad	Carrots julienne	Green beans and evoo	Boiled Carrots
	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)	Bread (WHEAT)
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

MONTHLY RATE

FISH	4 TIMES
EGGS	3 TIMES
BEEF	4 TIMES
CHICKEN AND TURKEY	3 TIMES
CHEESE	2 TIMES
VEGAN DISH	2 TIMES
SINGLE DISH	2 TIMES

Lunch consists of first dish - second dish - vegetables - fruit - bread
 Single dish involves Pizza Margherita with vegetables, fruit or yogurt
 There is the option to choose between the first dish with sauce or simple with extra virgin olive oil
 Mainly of vegetables are fresh seasonal vegetables
 The potatoes are mainly like creams/soup and in some specific pairings

SUMMARY OF ENERGY REQUIREMENTS AND THE SHARE OF LUNCH MACRONUTRIENTS (40% OF THE DAILY REQUIREMENTS)

	AGE Three to Six years old	AGE Six to Eleven years old	AGE Eleven to Fifteen years old	RATE
ENERGY REQUIREMENTS	616	768	873	0,4
PROTEIN IN GR	18,6	28	42,8	0,15
CARBOHYDRATES IN GR	84	106	120	0,55
LIPID IN GR	20	26	29	0,3