# OCTOBER

## PORTA MARE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 5<br>FUSILLI PASTA WITH A CREAMY BELL PEPPER SAUCE (1)<br>PEA STEW<br>SALAD<br>FRESH FRUIT | 6<br>BEEF AND VEGETABLE BURRITOS (1)<br>TOMATO AND CUCUMBER SALAD<br>FRESH FRUIT | 7<br>PASTA AND BEANS (1)<br>GRANA PADANO CHEESE (7)<br>FENNEL | 8<br>PASTA WITH EXTRA VIRGIN OLIVE OIL<br>CHICKEN SAUSAGES<br>SEASONAL SALAD<br>FRESH FRUIT | 9<br>FARFALLE PASTA WITH SALMON (1,4)<br>OMELETTE WITH STRACCHINO CHEESE (3,7)<br>BAKED COURGETTES<br>FRESH FRUIT |
| 12<br>GRAMIGNA PASTA WITH CHICKPEAS (1)<br>PUMPKIN PARMIGIANA (7)<br>CELERY AND FENNEL SALAD (9)<br>FRESH FRUIT | 13<br>WHOLE WHEAT PASTA WITH A CREAMY PARMESAN SAUCE (1,7)<br>CRISPY CHICKEN BITES<br>BROCCOLI<br>FRESH FRUIT | 14<br>WHOLE WHEAT PENNE PASTA WITH A TOMATO SAUCE (1)<br>SCRAMBLED EGGS (3)<br>BABY CARROTS<br>FRESH FRUIT | 15<br>HAMBURGER (1,7)<br>'PINZIMONIO' (CARROTS, CELERY, BELL PEPPERS, FENNEL) (9)<br>FRESH FRUIT | 16<br>PASTA WITH EXTRA VIRGIN OLIVE OIL (1)<br>CUTTLEFISH & VEGETABLE SALAD (14)<br>FRESH FRUIT |
| 19<br>POTATO GNOCCHI WITH A TOMATO SAUCE (1,3)<br>ASIAGO CHEESE P.D.O. (7)<br>JULIENNE CARROTS<br>FRESH FRUIT | 20<br>PAELLA VALENCIANA (2,14)<br>FRESH FRUIT | 21<br>FARFALLE PASTA WITH 'POPEYE' SAUCE (CREAM OF SPINACH) (1)<br>LEGUME SALAD<br>VEGETABLES AU GRATIN (COURGETTES & CAULIFLOWER) (1)<br>FRESH FRUIT | 22<br>VEGETABLE SOUP (1)<br>ROAST PORK COOKED IN MILK (7)<br>ROAST POTATOES<br>FRESH FRUIT | 23<br>MACCHERONCINI PASTA WITH EXTRA VIRGIN OLIVE OIL (1)<br>FILLET OF FISH WITH LEMON (4)<br>SPINACH<br>FRESH FRUIT |
| 26<br>FARFALLE PASTA WITH EXTRA VIRGIN OLIVE OIL (1)<br>CHICKEN CUTLETS (1,3)<br>SEASONAL SALAD<br>FRESH FRUIT | 27<br>TROFIE PASTA WITH PESTO (1,7,8)<br>MINI MOZZARELLAS (7)<br>CARROTS<br>FRESH FRUIT | 28<br>SMILING RICE (BUTTER & GRANA CHEESE) (7)<br>SCRAMBLED EGGS (3)<br>FENNEL WITH LEMON<br>FRESH FRUIT | 29<br>WHOLE WHEAT MACCHERONCINI PASTA WITH A RAGÙ SAUCE (1,9)<br>SPINACH WITH BUTTER (7)<br>LETTUCE<br>FRESH FRUIT | 30<br> <br>SPECIAL HALLOWEEN MENU<br> |

- (...) NUMBERS IN BRACKETS REFER TO THE LIST OF ALLERGENS.