

*Comune di MONTALE Anno scolastico 2007/2008
Menu' primavera estate per le scuole dell'infanzia,
primarie e secondarie*

	<i>I Settimana</i>	<i>II Settimana</i>	<i>III Settimana</i>	<i>IV Settimana</i>
<i>Lunedì</i>	<i>Minestrone di verdura con pasta Tacchino arrosto Fagiolini Frutta fresca</i>	<i>Pasta alle vongole Petto di pollo al limone Spinaci saltati Frutta fresca</i>	<i>Risotto ai 4 formaggi Pesce al pomodoro Carote al vapore Frutta fresca</i>	<i>Pasta al ragù Caprese Frutta fresca</i>
<i>Martedì</i>	<i>Pasta alle verdure Scalopp. Alla pizzaiola Piselli Frutta fresca</i>	<i>Insalata di riso Prosciutto cotto Pinzimonio Frutta fresca</i>	<i>Passato di ceci con pasta Sformato di verdure Insalata Frutta fresca</i>	<i>Tagliatelle al pomodoro Plattessa impanata Legumi all'olio Frutta fresca</i>
<i>Mercoledì</i>	<i>Ravioli al pomodoro Stracchino Pinzimonio Frutta fresca</i>	<i>Pasta al pomodoro e basilico Frittata Insalata Frutta fresca</i>	<i>Pasta alle zucchine Pollo arrosto Verdure miste cotte Frutta fresca</i>	<i>Riso all'olio Roast-beef Zucchine trifolate Frutta fresca</i>
<i>Giovedì</i>	<i>Pasta al ragù vegetale Halibut al forno con patate Frutta fresca</i>	<i>Minestra in brodo vegetale Arista Patate arrosto Frutta fresca</i>	<i>Minestra di verdura Pizza margherita Carote e pomodori Frutta fresca</i>	<i>Pasta al pesto Spezzatino con patate Frutta fresca</i>
<i>Venerdì</i>	<i>Pasta al pesto Melanzane alla parmigiana Frutta fresca</i>	<i>Gnocchi al pomodoro Tonno all'olio Insalata di pomodoro Frutta fresca</i>	<i>Pasta al pomodoro e basilico Prosciutto crudo Insalata mista Frutta fresca</i>	<i>Insalata di pasta Tortino al formaggio Pomodori Frutta fresca</i>

Le grammature delle ricette del menù

Primavera - estate

I settimana

<i>Lunedì</i>					<i>Martedì</i>					<i>Mercoledì</i>					<i>Giovedì</i>					<i>Venerdì</i>				
<i>Minestrone di verdura con pasta Tacchino arrosto Fagiolini Frutta fresca</i>					<i>Pasta alle verdure Scaloppina alla pizzaiola Piselli Frutta fresca</i>					<i>Ravioli al pomodoro Stracchino Pinzimonio Frutta fresca</i>					<i>Pasta al ragù vegetale Halibut al forno con patate Frutta fresca</i>					<i>Pasta al pesto Melanzane alla parmigiana Frutta fresca</i>				
	<i>M</i>	<i>E</i>	<i>M</i>			<i>M</i>	<i>E</i>	<i>M</i>			<i>M</i>	<i>E</i>	<i>M</i>			<i>M</i>	<i>E</i>	<i>M</i>			<i>M</i>	<i>E</i>	<i>M</i>	
<i>pasta</i>	30	35	40		<i>Pasta</i>	50	60	70		<i>Ravioli ripieni</i>	80	90	110		<i>Pasta</i>	50	60	80		<i>Pasta</i>	50	60	80	
<i>verdure</i>	60	60	80		<i>Verdure</i>	50	60	60		<i>Pomodoro</i>	40	50	50		<i>Verdure</i>	50	60	60		<i>Pinoli</i>	5	5	10	
<i>olio .</i>	5	5	5		<i>Olio</i>	5	5	5		<i>Olio</i>	5	5	5		<i>Pomodori</i>	30	40	40		<i>Basilico</i>	qb	qb	qb	
<i>aromi</i>	qb	qb	qb		<i>Odori</i>	qb	qb	qb		<i>Olio</i>	5	5	5		<i>pelati</i>					<i>Parm.</i>	5	5	5	
<i>Parm.</i>	5	5	5		<i>Parmig</i>					<i>Aromi</i>	qb	qb	qb		<i>Olio</i>	5	5	5		<i>gratt.</i>				
<i>gratt.</i>					<i>gratt</i>	5	5	5		<i>Stracchino</i>	25	35	40		<i>Aromi</i>	qb	qb	qb		<i>Olio</i>	5	5	5	
<i>tacchino</i>	50	70	80		<i>Scalopp</i>					<i>Olio</i>	5	5	5		<i>Parm.</i>	5	5	5		<i>Olio</i>	5	5	5	
<i>aromi</i>	qb	qb	qb		<i>vitello</i>	50	70	80		<i>Verdura</i>	100	100	150		<i>gratt.</i>					<i>Melanzane</i>	100	150	150	
<i>Olio</i>	5	10	10		<i>pomodoro</i>	30	35	40		<i>Pane</i>	40	50	60		<i>Halibut</i>	70	80	90		<i>Pomodoro</i>	80	100	100	
<i>fagiolini</i>	100	100	150		<i>olio</i>	5	5	5		<i>Frutta</i>	100	100	150		<i>Patate</i>	80	100	120		<i>Olio</i>	5	5	5	
<i>Pane</i>					<i>Piselli</i>	40	60	80							<i>Olio extra</i>					<i>gratt</i>	5	10	15	
<i>toscano</i>	50	60	80		<i>Olio</i>	5	10	10							<i>vergine</i>	5	5	10		<i>Pane</i>				
<i>Frutta</i>	100	100	150		<i>Pane</i>	50	60	70							<i>Pane</i>					<i>toscano</i>	60	70	70	
					<i>Frutta</i>	100	100	150							<i>toscano</i>	50	60	70		<i>Frutta</i>	100	100	150	
															<i>Frutta</i>	100	100	150						

<p>Materna: P. 20.93 gr L. 15.06 gr C. 71.77 gr Kcal 487.85 Fibra 7.68 gr Elementari: P. 25.86 gr L. 21.33 gr C. 82.26 gr Kcal 603.35 Fibra 8.19 gr Medie: P. 31.20 L. 22.18 C. 106.41 gr Kcal 723.51 Fibra 11.48</p>	<p>Materna: P. 24.83 gr L. 13.65 gr C. 89.09 gr Kcal 555.75 Fibra 8.02 gr Elementari: P. 32.14 gr L. 14.42 gr C. 105.44 gr Kcal 653.2 Fibra 10.07 Medie: P. 37.36 gr L. 19.95 gr C. 127.06 Kcal 804.75 Fibra 12.77 gr</p>	<p>Materna: P. 19.40 gr L. 22.53 gr C. 91.3 gr Kcal 599 Fibra 6.52 gr Elementari: P. 23.40 gr L. 25.82 gr C. 103.69 gr Kcal 689 Fibra 7 gr Medie: 28.23 gr L. 28.7 gr C.130.91 gr Kcal 830.5 Fibra 9.68 gr</p>	<p>Materna: P. 25.63 gr L. 15.36 gr C. 78.06 gr Kcal 533.54 Fibra 4.58 gr Elementari: P. 29.82 gr L. 16.09 gr C. 98.85 gr Kcal 634.83 Fibra 5.6 gr Medie: P. 34.48 gr L. 21.71 gr C. 120.1 gr Kcal 783.74 Fibra 6.59 gr</p>	<p>Materna: P. 16.65 gr L. 16.88 gr C. 89.29 gr Kcal 548.55 Fibra 8.3 gr Elementari: P. 21.01 gr L. 18.11 gr C. 105.78 gr Kcal 643.4 Fibra 10.46 gr Medie: P. 27.35 gr L. 22.19 gr C. 134.44 gr Kcal 812.7 Fibra 12.34 gr</p>
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Le grammature delle ricette del menù

Primavera - estate

II settimana

<p><i>Lunedì</i></p> <p><i>Pasta alle vongole</i> <i>Petto di pollo al limone</i> <i>Spinaci saltati</i> <i>Frutta fresca</i></p>	<p><i>Martedì</i></p> <p><i>Insalata di riso</i> <i>Prosciutto cotto</i> <i>Pinzimonio</i> <i>Frutta di stagione</i></p>	<p><i>Mercoledì</i></p> <p><i>Pasta al pomodoro e basilico</i> <i>Frittata</i> <i>Insalata</i> <i>Frutta fresca</i></p>	<p><i>Giovedì</i></p> <p><i>Minestra in brodo vegetale</i> <i>Arista</i> <i>Patate arrosto</i> <i>Frutta fresca</i></p>	<p><i>Venerdì</i></p> <p><i>Gnocchi al pesto</i> <i>Tonno all'olio</i> <i>Insalata di pomodori</i> <i>Frutta fresca</i></p>																																																																																																																																																																																																																																																				
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<i>Arista</i>	50	70	80																																																																																																																																																																																																																																																					
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<p>Materne: P. 26.03 gr L. 19.56 gr C. 87.83 gr Kcal 551.15 Fibra 6.6 gr Elementari: P. 30.21 gr L. 20.33 gr C. 95.67 gr Kcal 662.57 Fibra 6.86 gr Medie: P. 38.08 gr L. 21.58 gr C. 125.64 gr Kcal 817.69 Fibra 9.46 gr</p>	<p>Materne: P. 18.58 gr L. 17.66 gr C. 82.59 gr Kcal 543.05 Fibra 6.17 gr Elementari: P. 23.23 gr L. 20.43 gr C. 97.32 gr Kcal 641.76 Fibra 6.74 gr Medie: P. 29.75 gr L. 22.14 gr C. 127.82 gr Kcal 797.58 Fibra 9.22 gr</p>	<p>Materne : P. 18.38 gr L. 16.43 gr C. 86.09 gr Kcal 544.15 Fibra 5.5 gr Elementari: P. 22.25 gr L. 17.98 gr C. 101.22 gr Kcal 630.2 Fibra 6.39 gr Medie: P. 28.55 gr L. 20.35 gr C. 129.9 gr Kcal 784.3 Fibra 8.19 gr</p>	<p>Materne : P. 22.88 gr L. 16.4 gr C. 81.3 gr Kcal 543.25 Fibra 7.15 gr Elementari: P. 29.25 gr L. 18.08 gr C. 95.96 gr Kcal 640.05 Fibra 8.46 gr Medie: P. 33.68 gr L. 19.06 gr C. 120 gr Kcal 756.65 Fibra 10.27 gr</p>	<p>Materne:P. 21.94 gr L. 21.45 gr C. 79.72 gr Kcal 579.75 Fibra 4.34 gr Elementari: P. 25.38 gr L. 22.68 gr C. 92.51 gr Kcal 663.25 Fibra 5 gr Medie: P. 31.73 gr L. 27.18 gr C. 116.80 gr Kcal 820 Fibra 6.63 gr</p>																																																																																																																																																																																																																																																				

Le grammature delle ricette del menù

Primavera - estate

III settimana

<i>Lunedì</i>				<i>Martedì</i>				<i>Mercoledì</i>				<i>Giovedì</i>				<i>Venerdì</i>			
<i>Risotto ai 4 formaggi</i>				<i>Passato di ceci con pasta</i>				<i>Pasta alle zucchine</i>				<i>Minestra di verdura</i>				<i>Pasta al pomodoro e basilico</i>			
<i>Pesce al pomodoro</i>				<i>Sformato di verdure</i>				<i>Pollo arrosto</i>				<i>Pizza margherita</i>				<i>Prosciutto crudo</i>			
<i>Carote al vapore</i>				<i>Insalata</i>				<i>Verdure miste cotte</i>				<i>Carote e pomodori</i>				<i>Insalata mista</i>			
<i>Frutta fresca</i>				<i>Frutta fresca</i>				<i>Frutta fresca</i>				<i>Frutta fresca</i>				<i>Frutta fresca</i>			
	<i>M</i>	<i>E</i>	<i>M</i>		<i>M</i>	<i>E</i>	<i>M</i>		<i>M</i>	<i>E</i>	<i>M</i>		<i>M</i>	<i>E</i>	<i>M</i>		<i>M</i>	<i>E</i>	<i>M</i>
<i>Riso</i>	50	60	80	<i>Pasta</i>	25	30	35	<i>Pasta</i>	50	60	80	<i>Pasta</i>	25	30	35	<i>Pasta</i>	50	60	80
<i>Formaggio</i>	10	15	20	<i>Pomodori</i>				<i>Zucchini</i>	50	60	60	<i>Verdure</i>	100	100	100	<i>Pomodori</i>			
<i>Parmig</i>				<i>pelati</i>	10	15	20	<i>Olio .</i>	5	5	10	<i>Parmig gratt</i>				<i>pelati</i>	50	60	60
<i>gratt</i>	5	5	5	<i>Olio</i>	5	5	5	<i>Aromi</i>	qb	qb	qb	<i>Fagioli</i>	5	5	5	<i>basilico</i>	qb	qb	qb
<i>Pesce</i>	70	80	90	<i>Ceci</i>	20	25	35	<i>Parmig.</i>				<i>Olio</i>	10	20	30	<i>Olio</i>	5	5	5
<i>pomodoro</i>	40	50	50	<i>Uova</i>	1	1	1 e	<i>gratt</i>	5	5	5	<i>Pasta da</i>	5	5	5	<i>Parmig</i>			
<i>olio</i>	5	5	5				1/2	<i>Pollo</i>	50	70	80	<i>pane</i>				<i>gratt</i>	5	5	5
<i>Aromi</i>	qb	qb	qb	<i>Verdure</i>	100	100	150	<i>Olio</i>	5	5	5	<i>Pomodoro</i>	50	60	80	<i>Prosciutto</i>	30	40	45
<i>Carote</i>	100	100	150	<i>Olio</i>	5	5	5	<i>Verdure</i>	100	100	150	<i>Olio extra</i>	qb	qb	qb	<i>crudo</i>			
<i>Olio</i>	5	5	10	<i>latte</i>	10	10	15	<i>Olio</i>	5	5	5	<i>vergine</i>				<i>Insalata</i>	20	25	30
<i>Pane</i>				<i>Farina</i>	qb	qb	qb	<i>Pane</i>	50	60	70	<i>Mozzarella</i>	5	5	5	<i>Pomodori</i>	80	100	100
<i>toscano</i>	40	50	60	<i>Parmig</i>	5	10	10	<i>Frutta</i>	100	100	150	<i>Carote</i>	30	40	50	<i>olio</i>	5	5	5
<i>Frutta</i>	100	100	150	<i>Pangratt</i>	qb	qb	qb					<i>Pomodori</i>	50	50	70	<i>pane</i>	50	60	70
				<i>Insalata</i>	20	30	40					<i>Olio</i>	50	50	70	<i>Frutta</i>	100	100	150
				<i>Pane</i>	50	60	70					<i>Frutta</i>	5	5	5				
				<i>Frutta</i>	100	100	150						100	100	150				
Materna: P. 23.18 gr L. 14.50 gr C. 85.94 gr Kcal 545.55 Fibra 6.77 gr	Materna: P. 21.04 gr L. 17.66 gr C. 75.58 gr Kcal 526.15 Fibra 8.37 gr	Materna: P. 22.37 gr L. 20 gr C. 87.75 gr Kcal 541.6 Fibra 6.3 gr	Materna: P. 19.04 gr L. 18.18 gr C. 75.44 gr Kcal 522.05 Fibra 9.05 gr	Materna: P. 20.89 gr L. 17.76 gr C. 88.33 gr Kcal 574.15 Fibra 6.3 gr															
Elementari: P. 27.35 gr L. 15.64 gr C. 100.73 gr Kcal 627.9 Fibra 7.3 gr	Elementari: P. 26.4 gr L. 19.81 gr C. 91.12 gr Kcal 625.15 Fibra 10.44 gr	Elementari: P. 28.07 gr L. 21.23 gr C. 102.52 gr Kcal 687.86 Fibra 7.06 gr	Elementari: P. 24.62 gr L. 20.39 gr C. 91.08 gr Kcal 622.95 Fibra 11.31 gr	Elementari: P. 25.78 gr L. 19.76 gr C. 103.91 gr Kcal 670.1 Fibra 7.31 gr															
Medie: P. 32.78 gr L. 21.93 gr C. 132.73 gr Kcal 826.25 Fibra 10.08 gr	Medie: P. 34.06 gr L. 22.84 gr C. 113.17 gr Kcal 765.6 Fibra 13.86 gr	Medie: P.33.58 gr L. 22.06 gr C. 132.38 gr Kcal 829.34 Fibra 9.21 gr	Medie: P. 31.57 gr L. 22.79 gr C. 120.7 gr Kcal 783.25 Fibra 15.52 gr	Medie: P. 30.22 gr L. 20.86 gr C. 132.48 gr Kcal 804.65 Fibra 9.04 gr															

Le grammature delle ricette del menù

Primavera - estate

IV settimana

<p><i>Lunedì</i> Pasta al ragù Caprese Frutta fresca</p>	<p><i>Martedì</i> Tagliatelle al pomodoro Platessa impanata Legumi all'olio Frutta fresca</p>	<p><i>Mercoledì</i> Riso all'olio Roast-beef Zucchine trifolate Frutta fresca</p>	<p><i>Giovedì</i> Pasta al pesto Spezzatino con patate Frutta fresca</p>	<p><i>Venerdì</i> Insalata di pasta Tortino al formaggio Pomodori Frutta fresca</p>																																																																																																																																																																																																																																																																																																
<table border="1"> <thead> <tr> <th></th> <th>M</th> <th>E</th> <th>M</th> </tr> </thead> <tbody> <tr><td>Pasta</td><td>50</td><td>60</td><td>80</td></tr> <tr><td>carne</td><td></td><td></td><td></td></tr> <tr><td>vitellon</td><td>30</td><td>40</td><td>50</td></tr> <tr><td>pomodori</td><td></td><td></td><td></td></tr> <tr><td>pelati</td><td>70</td><td>70</td><td>70</td></tr> <tr><td>odori</td><td>qb</td><td>qb</td><td>qb</td></tr> <tr><td>Olio</td><td>5</td><td>5</td><td>5</td></tr> <tr><td>Mozzarella</td><td>25</td><td>35</td><td>45</td></tr> <tr><td>Pomodoro</td><td>100</td><td>100</td><td>150</td></tr> <tr><td>Olio</td><td>5</td><td>5</td><td>5</td></tr> <tr><td>aromi</td><td>qb</td><td>qb</td><td>qb</td></tr> <tr><td>Pane</td><td></td><td></td><td></td></tr> <tr><td>toscana</td><td>40</td><td>50</td><td>60</td></tr> <tr><td>Frutta</td><td>100</td><td>100</td><td>150</td></tr> </tbody> </table>		M	E	M	Pasta	50	60	80	carne				vitellon	30	40	50	pomodori				pelati	70	70	70	odori	qb	qb	qb	Olio	5	5	5	Mozzarella	25	35	45	Pomodoro	100	100	150	Olio	5	5	5	aromi	qb	qb	qb	Pane				toscana	40	50	60	Frutta	100	100	150	<table border="1"> <thead> <tr> <th></th> <th>M</th> <th>E</th> <th>M</th> </tr> </thead> <tbody> <tr><td>Tagliatelle</td><td>50</td><td>60</td><td>80</td></tr> <tr><td>Pomodoro</td><td>80</td><td>80</td><td>100</td></tr> <tr><td>Parmig</td><td></td><td></td><td></td></tr> <tr><td>gratt.</td><td>5</td><td>5</td><td>5</td></tr> <tr><td>Aromi</td><td>qb</td><td>qb</td><td>qb</td></tr> <tr><td>olio</td><td>5</td><td>5</td><td>5</td></tr> <tr><td>filetti</td><td></td><td></td><td></td></tr> <tr><td>platessa</td><td>50</td><td>60</td><td>70</td></tr> <tr><td>Olio</td><td>5</td><td>5</td><td>5</td></tr> <tr><td>Pangratt</td><td>qb</td><td>qb</td><td>qb</td></tr> <tr><td>Legumi</td><td>15</td><td>20</td><td>25</td></tr> <tr><td>Olio</td><td>5</td><td>5</td><td>5</td></tr> 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<p>Materna: P. 21.76 gr L. 16.47 gr C. 82.83 gr Kcal 545.25 Fibra 6.02 gr Elementari: P. 27.59 gr L. 18.77 gr C. 97.53 gr Kcal 644.35 Fibra 6.66 gr Medie: P. 35.20 gr L. 21.25 gr C. 127.46 gr Kcal 809.05 Fibra 8.81 gr</p>	<p>Materna: P. 23.91 gr L 18.66 gr C. 85.31 gr Kcal 583.4 Fibra 8.04 gr Elementari: P. 28.76 gr L. 19.11 gr C. 101.99 gr Kcal 669.45 Fibra 9.62 gr Medie: P. 35.25 gr L. 19.89 gr C. 132.57 gr Kcal 817 Fibra 12.46 gr</p>	<p>Materna : P. 21.27 gr L. 13.35 gr C. 84.9 gr Kcal 522.85 gr Fibra 4.85 gr Elementari: P. 26.96 gr L. 18.97 gr C. 99.38 gr Kcal 650.45 Fibra 5.28 gr Medie: P. 32.07 gr L. 19.45 gr C. 128.24 gr Kcal 783.05 Fibra 7.11 gr</p>	<p>Materna: P. 24.17 gr L. 16.46 gr C. 91.19 gr Kcal 586.5 Fibra 5.86 gr Elementari: P. 30.74 gr L. 17.3 gr C. 109.68 gr Kcal 689.7 Fibra 6.92 gr Medie: P. 34.53 gr L. 22.87 gr C. 127.37 gr Kcal 821.2 Fibra 8.35 gr</p>	<p>Materna: P. 22.04 gr L. 20.76 gr C. 83.12 gr Kcal 597.91 Fibra 6.32 gr Elementari: P. 25.94 gr L. 22.22 gr C. 97.75 gr Kcal 687.31 Fibra 6.96 gr Medie: P. 35.03 gr L. 26.1 gr C. 128.53 gr Kcal 879.41 Fibra 9.41 gr</p>																																																																																																																																																																																																																																																																																																

MEDIA SETTIMANALE

I SETTIMANA MENU' PRIMAVERA ESTATE

Materne: Proteine 21.48 gr Lipidi 16.59 gr Carboidrati 83.90 gr Kcal 544.93 Fibra 7.02 gr
Elementari: Proteine 26.44 gr Lipidi 19.15 gr Carboidrati 99.20 gr Kcal 644 Fibra 8.26 gr
Medie: Proteine 31.72 gr Lipidi 22.94 gr Carboidrati 123.78 gr Kcal 791.04 Fibra 10.57 gr

II SETTIMANA MENU' PRIMAVERA ESTATE

Materna: Proteine 21.54 gr Lipidi 16.3 gr Carboidrati 83.40 gr Kcal 552.27 Fibra 5.95 gr
Elementari: Proteine 26.06 gr Lipidi 19.9 gr Carboidrati 96.36 gr Kcal 647.56 Fibra 6.69 gr
Medie: Proteine 32.35 gr Lipidi 22.06gr Carboidrati 124.03 gr Kcal 795.24 Fibra 8.75 gr

III SETTIMANA MENU' PRIMAVERA ESTATE

Materne: Proteine 21.30 gr Lipidi 17.62 gr Carboidrati 82.60 gr Kcal 541.9 Fibra 7.35 gr
Elementari: Proteine 26.44 gr Lipidi 19.38 gr Carboidrati 97.87 gr Kcal 646.79 Fibra 8.68 gr
Medie: Proteine 32.44 gr Lipidi 22.09 gr Carboidrati 126.29 gr Kcal 801.81 Fibra 11.54 gr

IV SETTIMANA MENU' PRIMAVERA ESTATE

Materne: Proteine 22.63 gr Lipidi 17.14 gr Carboidrati 85.47 gr Kcal 567.18 Fibra 6.21 gr
Elementari: Proteine 27.19 gr Lipidi 19.27 gr Carboidrati 101.26 gr Kcal 668.25 Fibra 7.08 gr
Medie: Proteine 34.14 gr Lipidi 21.91 gr Carboidrati 128.83 gr Kcal 821.94 Fibra 9.22 gr

*Menù primavera -estate per i bambini delle
scuole dell'infanzia
delle scuole primarie e secondarie
del Comune di Montale*

Anno scolastico 2007/2008 - 2008 / 2009

A cura della dietista Dott.ssa Giulietta Brogioni