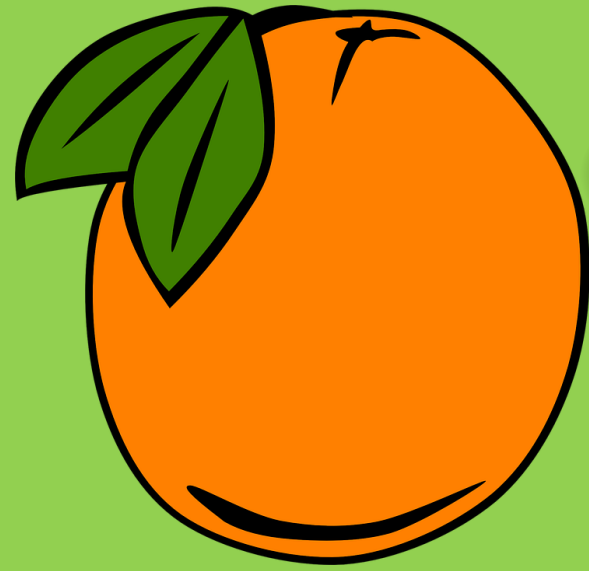
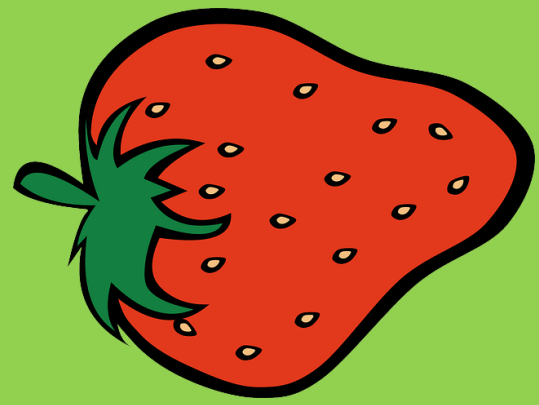


# IBS Canteen Menu





# MENSA

**Wednesday, 9<sup>th</sup> May: \$6.00**

Risotto alla Parmigiana  
Bread Roll and Kiwi fruit.

**Wednesday, 23<sup>rd</sup> May: \$6.00**

Chicken Breast with Peas  
Bread Roll and Orange

**Wednesday, 6<sup>th</sup> June:\$6.00**

Frittata al Parmigiano with Zucchini cooked with oil, garlic and parsley  
Bread roll and Banana

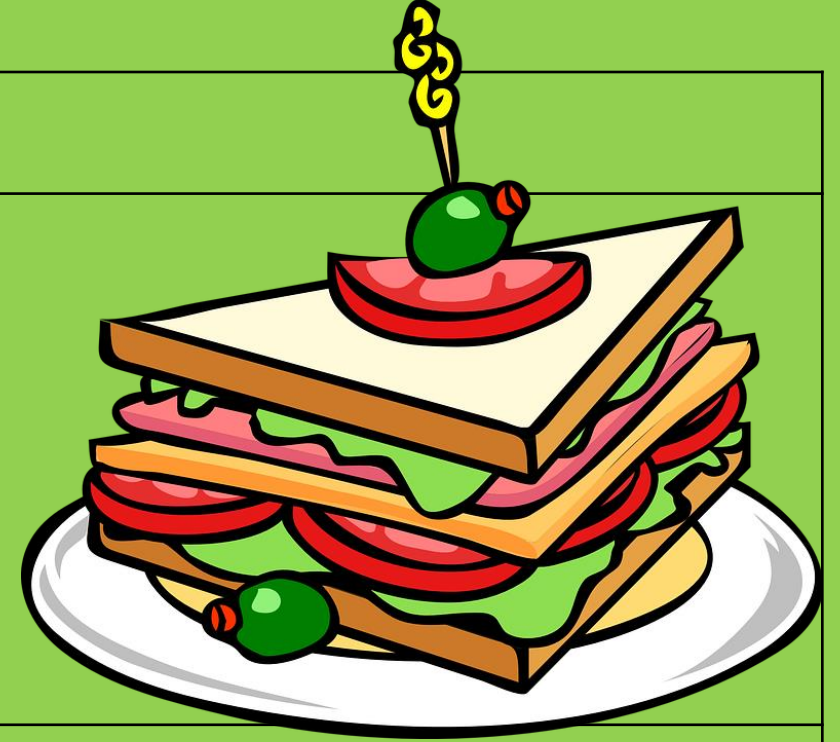
**Wednesday, 20<sup>th</sup> June:\$6.00**

Penne al pesto with Parmigiano  
Bread roll and Pear

# Lunedì/Monday

## Morning Tea and Snacks

Organic crackers with Parmigiano cubes \$3.00  
Organic Breadsticks with Parmigiano cubes and carrots sticks \$3.50  
Organic Crackers with Dip \$2.50  
Mini Pizza with Mozzarella and Pomodoro \$1.50  
Organic Fruit Bars \$2.00  
Belvita Biscuits \$1.00  
Organic Breadsticks (various flavors) \$2.00  
Organic Apple Puffs \$1.50  
Organic Rice Crackers \$2.00  
Organic Cookies Apple or Milk & Vanilla \$1.50  
Pure Pops Ice Blocks and Gelato \$2.00



## Lunch

**Piatto del Giorno: Rigatoni Pomodoro and Piselli with Parmigiano \$4.50**  
Penne or Rigatoni with Pomodoro and Parmigiano \$ 4.00  
Penne or Rigatoni with E.V.O Oil and Parmigiano \$ 4.00  
Penne or Rigatoni with Burro and Parmigiano \$4.00  
Bread Roll with Mozzarella, Pomodoro and Lettuce \$4.00  
Bread Roll with Ham and Lettuce \$4.00  
Bread Roll with Prosciutto \$4.50  
Focaccia with Ricotta Cheese \$ 3.50  
Focaccia with Cherry Tomatoes and Avocado \$4.00

## Drinks

Organic Apple/Apple and Raspberry/Orange Juice \$2.00  
Organic Fruity Water \$2.00  
Organic Frooshie Banana, Strawberry and Apple \$2.50

# Martedì/Tuesday

## Morning Tea and Snacks

Organic crackers with Parmigiano cubes \$3.00  
Organic Breadsticks with Parmigiano cubes and carrots sticks \$3.50  
Organic Crackers with Dip \$2.50  
Mini Pizza with Mozzarella and Pomodoro \$1.50  
Organic Fruit Bars \$2.00  
Belvita Biscuits \$1.00  
Organic Breadsticks (various flavors) \$2.00  
Organic Apple Puffs \$1.50  
Organic Rice Crackers \$2.00  
Organic Cookies Apple or Milk & Vanilla \$1.50  
Pure Pops Ice Blocks and Gelato \$2.00



## Lunch

**Piatto del Giorno: Grilled Chicken Breast with Cherry Tomatoes dressed with E.V.O Oil \$5.00**  
Penne or Rigatoni with Pomodoro and Parmigiano \$ 4.50  
Penne or Rigatoni with E.V.O Oil and Parmigiano \$ 4.00  
Penne or Rigatoni with Burro and Parmigiano \$4.00  
Bread Roll with Mozzarella, Pomodoro and Lettuce \$4.00  
Bread Roll with Ham and Lettuce \$4.00  
Bread Roll with Prosciutto \$4.50  
Focaccia with Ricotta Cheese \$ 3.50  
Focaccia with Cherry Tomatoes and Avocado \$4.00

## Drinks

Organic Apple/Apple and Raspberry/Orange Juice \$2.00  
Organic Fruity Water \$2.00  
Organic Frooshie Banana, Strawberry and Apple \$2.50

# Mercoledì/Wednesday

## Morning Tea and Snacks

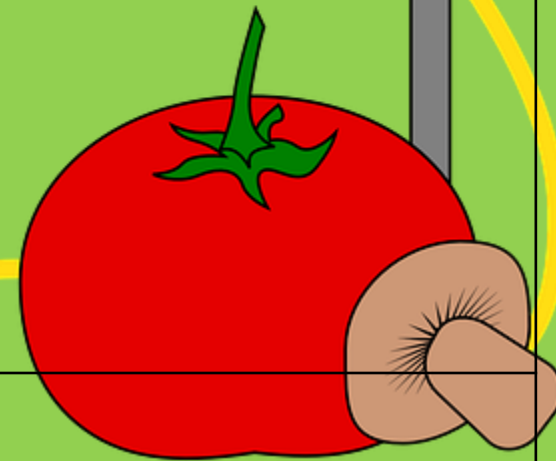
Organic crackers with Parmigiano cubes \$3.00  
Organic Breadsticks with Parmigiano cubes and carrots sticks \$3.50  
Organic Crackers with Dip \$2.50  
Mini Pizza with Mozzarella and Pomodoro \$1.50  
Organic Fruit Bars \$2.00  
Belvita Biscuits \$1.00  
Organic Breadsticks (various flavors) \$2.00  
Organic Apple Puffs \$1.50  
Organic Rice Crackers \$2.00  
Organic Cookies Apple or Milk & Vanilla \$1.50  
Pure Pops Ice Blocks and Gelato \$2.00

## Lunch

**Piatto del Giorno: Penne with Pomodoro and Cannellini (Beans) \$4.50**  
Penne or Rigatoni with Pomodoro and Parmigiano \$ 4.00  
Penne or Rigatoni with E.V.O Oil and Parmigiano \$ 4.00  
Penne or Rigatoni with Burro and Parmigiano \$4.00  
Bread Roll with Mozzarella, Pomodoro and Lettuce \$4.00  
Bread Roll with Ham and Lettuce \$4.00  
Bread Roll with Prosciutto \$4.50  
Focaccia with Ricotta Cheese \$ 3.50  
Focaccia with Cherry Tomatoes and Avocado \$4.00

## Drinks

Organic Apple/Apple and Raspberry/Orange Juice \$2.00  
Organic Fruity Water \$2.00  
Organic Frooshie Banana, Strawberry and Apple \$2.50



# Giovedì/Thursday

## Morning Tea and Snacks

Organic crackers with Parmigiano cubes \$3.00  
Organic Breadsticks with Parmigiano cubes and carrots sticks \$3.50  
Organic Crackers with Dip \$2.50  
Mini Pizza with Mozzarella and Pomodoro \$1.50  
Organic Fruit Bars \$2.00  
Belvita Biscuits \$1.00  
Organic Breadsticks (various flavors) \$2.00  
Organic Apple Puffs \$1.50  
Organic Rice Crackers \$2.00  
Organic Cookies Apple or Milk & Vanilla \$1.50  
Pure Pops Ice Blocks and Gelato \$2.00



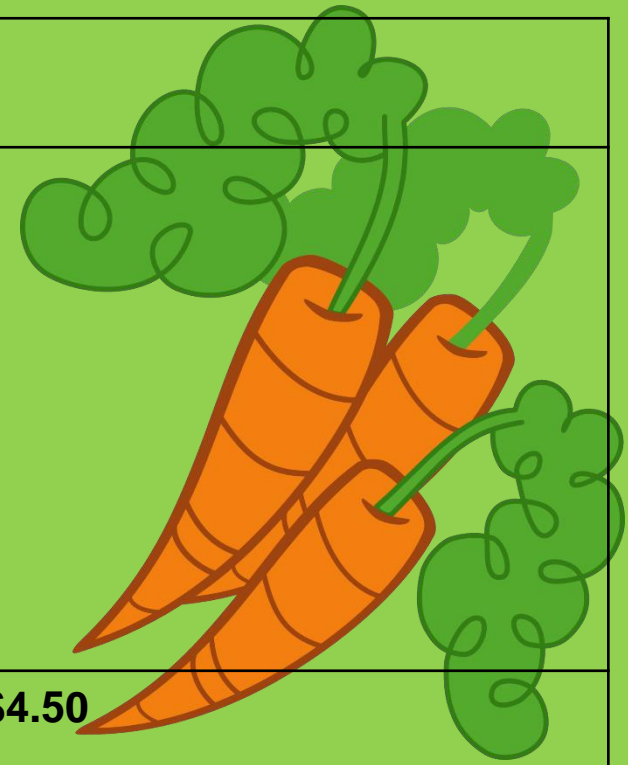
## Lunch

**Piatto del Giorno: Risotto with Vegetables \$4.50**  
Penne or Rigatoni with Pomodoro and Parmigiano \$ 4.00  
Penne or Rigatoni with E.V.O Oil and Parmigiano \$ 4.00  
Penne or Rigatoni with Burro and Parmigiano \$4.00  
Bread Roll with Mozzarella, Pomodoro and Lettuce \$4.00  
Bread Roll with Ham and Lettuce \$4.00  
Bread Roll with Prosciutto \$4.50  
Focaccia with Ricotta Cheese \$ 3.50  
Focaccia with Cherry Tomatoes and Avocado \$4.00

## Drinks

Organic Apple/Apple and Raspberry/Orange Juice \$2.00  
Organic Fruity Water \$2.00  
Organic Frooshie Banana, Strawberry and Apple \$2.50

# Venerdì/Friday



## Morning Tea and Snacks

Organic crackers with Parmigiano cubes \$3.00  
Organic Breadsticks with Parmigiano cubes and carrots sticks \$3.50  
Organic Crackers with Dip \$2.50  
Mini Pizza with Mozzarella and Pomodoro \$1.50  
Organic Fruit Bars \$2.00  
Belvita Biscuits \$1.00  
Organic Breadsticks (various flavors) \$2.00  
Organic Apple Puffs \$1.50  
Organic Rice Crackers \$2.00  
Organic Cookies Apple or Milk & Vanilla \$1.50  
Pure Pops Ice Blocks and Gelato \$2.00

## Lunch

**Piatto del Giorno: Mozzarella, Ham, Parmigiano and Cherry Tomatoes \$4.50**  
Penne or Rigatoni with Pomodoro and Parmigiano \$ 4.00  
Penne or Rigatoni with E.V.O Oil and Parmigiano \$ 4.00  
Penne or Rigatoni with Burro and Parmigiano \$4.00  
Bread Roll with Mozzarella, Pomodoro and Lettuce \$4.00  
Bread Roll with Ham and Lettuce \$4.00  
Bread Roll with Prosciutto \$4.50  
Focaccia with Ricotta Cheese \$ 3.50  
Focaccia with Cherry Tomatoes and Avocado \$4.00

## Drinks

Organic Apple/Apple and Raspberry/Orange Juice \$2.00  
Organic Fruity Water \$2.00  
Organic Frooshie Banana, Strawberry and Apple \$2.50