



**pasta, riso, mais, farro nei piatti asciutti**



20-25

25-30

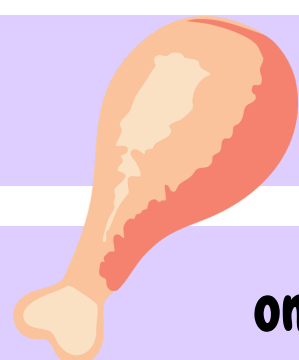
35-40

**pasta, riso, mais, orzo, farro nei piatti in brodo**

10-15

15-20

20-25



**carne fresca**

20-30

20-30

30-40

**omogeneizzato di carne**

40

40

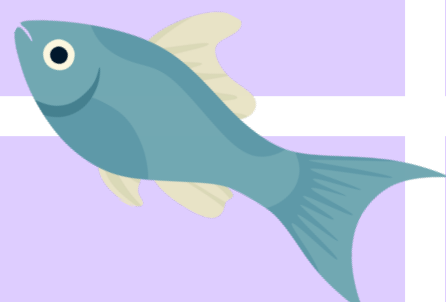
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**pesce fresco**

30-40

30-40

40-50



**pesce omogeneizzato**

40

40

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**formaggio ricotta**

30

30

30-35

**formaggio tipo mozzarella/primo sale**

20

20

25-30

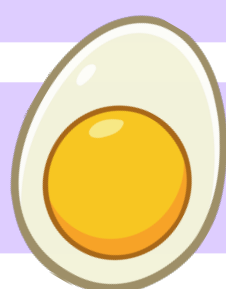
**formaggio stagionato**

10

10

15-20

**uova**



½ uovo

½ uovo

1 uovo



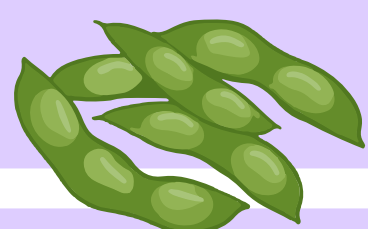
**legumi secchi**

10-15

10-15

15-20

**legumi freschi**



40-45

40-45

45-60

**verdura in foglie crude**

15-20

20-25

25-30

**verdura in foglie da cuocere (spinaci, biette)**

30-50

30-50

60-70

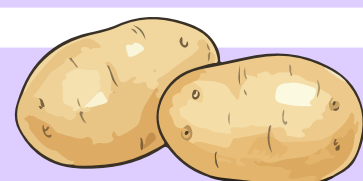
**verdura non in foglia**



30-50

30-50

60-70



**patate**

50-60

50-60

60-70

**pane**

15-20

15-20

20-30



**frutta fresca**

80

80

80-100

**olio per pasto**



5

5

5

**parmigiano per condire il primo piatto**

5

5

5