

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
			*Meatballs with tomato sauce & sweet peppers *Rice pilaf with corn *Salad - mix of greens *Banana <u>Optional menu:</u> *Spinach & rice (spanakorizo) with fresh herbs	*4 cheese penne *Salad - cucumber sticks *Apple <u>Optional menu:</u> *Baked vegetables in tomato sauce (briam)
9	10	11	12	13
*Chicken fillet *Rice pilaf with peas *Caesar's salad *Pear <u>Optional menu:</u> *Peas cooked in olive oil with fresh tomato & potatoes	*Meatballs *Baked potatoes *Salad tomato - cucumber *Apple <u>Optional menu:</u> *Traditional giant beans with fresh tomato	*Tortellini with fresh tomato sauce *Salad - mix of greens *Banana <u>Optional menu:</u> *Traditional scrambled eggs (strapatsada) with fresh tomato & green peppers	*Meatballs with fresh peppermint sauce *Rice *Salad cabbage - carrot *Pear <u>Optional menu:</u> *Okra cooked in olive oil	*Stuffed tomatoes with rice & fresh herbs *Feta cheese *Bread *Orange <u>Optional menu:</u> *Pasta Napoliten
16	17	18	19	20
*Chicken fillet *Basmati rice *Caesar's salad *Apple <u>Optional menu:</u> *Leek & rice (prasorizo) with fresh herbs	*Burger gefsinus *Traditional potatoes *Salad - mix of greens *Banana <u>Optional menu:</u> *Traditional imam bayildi	*Pizza Margherita locally produced *Greek salad (separate feta cheese) *Orange <u>Optional menu:</u> *Turkey fillet *Potatoes with coriander	*Grilled beef kebab *Pita bread *Baked potatoes *Yogurt sauce *Tomato *Pear <u>Optional menu:</u> *Peas with lemon sauce, carrots & lemon zest	*Lentils *Feta cheese *Bread *Dessert <u>Optional menu:</u> *Grilled meatballs with rice
23	24	25	26	27
*Traditional pastitsio *Caesar's salad *Banana <u>Optional menu:</u> *Baked vegetables in tomato sauce (briam)	*Meatballs with fresh peppermint sauce *Rice *Beetroot salad *Apple <u>Optional menu:</u> *Green beans cooked in tomato sauce	*Paned bacalao *Potato salad with tartar sauce *Orange <u>Optional menu:</u> *Chicken fillet *Basmati rice	*Beef stew in a tomato sauce *Rice *Green salad *Pear <u>Optional menu:</u> *Okra cooked in olive oil	*Pasta Napoliten *Salad tomato - cucumber *Apple <u>Optional menu:</u> *Traditional imam bayildi
30	1	2	3	4
*Chicken fillet *Mashed potatoes *Salad - mix of greens *Banana <u>Optional menu:</u> *Peas cooked in olive oil with fresh tomato & potatoes	*Beef cooked in a lemon sauce *Rice *Salad cabbage - carrot *Apple <u>Optional menu:</u> *Traditional giant beans with fresh tomato	*Peas with lemon sauce & potatoes *Feta cheese *Bread *Orange <u>Optional menu:</u> *Turkey fillet *Baked potatoes	*Meatballs with tomato sauce *Rice with saffron *Salad tomato - cucumber *Pear <u>Optional menu:</u> *Okra cooked in olive oil	*Stuffed tomatoes with rice & fresh herbs *Feta cheese *Bread *Orange <u>Optional menu:</u> *Pasta Napoliten