

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06 <ul style="list-style-type: none"> Stir fry noodles with vegetables and soya sauce(no mushrooms) Lettuce and cucumber salad Banana Peas in olive oil with potatoes	07 <ul style="list-style-type: none"> Grilled meat patties Oven potatoes Grilled vegetables Pear Eggplant in olive oil	08 <ul style="list-style-type: none"> Bean soup Feta cheese Bread Orange Pasta napolitan	09 <ul style="list-style-type: none"> Pastitsio Mixed greens salad Apple Spinach-rice	10 <ul style="list-style-type: none"> Breaded cod fillet Potato salad with yogurt tartar sauce Orange Pasta carbonara
13 <ul style="list-style-type: none"> Grilled Chicken fillet with mustard sauce potatoes with orange sauce Cabbage and carrot salad Apple Giant beans	14 <ul style="list-style-type: none"> Beef kebab Oven Potatoes yogurt sauce Tomatoes Banana Peas with artichokes	15 <ul style="list-style-type: none"> Leek with rice Feta cheese Bread Orange Pasta napoliten	16 <ul style="list-style-type: none"> Meatballs from fresh minced meat with mint sauce Rice with saffron tomato and cucumber salad Apple Mixed vegetables(briam)	17 <ul style="list-style-type: none"> Half day
20 <ul style="list-style-type: none"> Lasagna pasta bolognese mozzarella cheese cabbage and carrot Banana Chickpea soup	21 <ul style="list-style-type: none"> Burger with fresh minced meat, honey mustard sauce Traditional potatoes Tomatoes Pear Green beans in olie oil	22 Thanks giving holiday	23 Thanks giving holiday	24 Thanks giving holiday
27 <ul style="list-style-type: none"> Lentils soup Feta cheese Bread Dessert Pasta carbonara	28 <ul style="list-style-type: none"> Beef with orzo(yiouvetsi) Cabbage and carrot salad Pear Okra in olie oil	29 <ul style="list-style-type: none"> Breaded cod fillet Potato salad with yogurt tartar sauce Orange Grilled meat patties 	30 <ul style="list-style-type: none"> Yiouvarlakis with carrots and potatoes(no egg) Bread Cabbage and carrot Apple Spinach-rice	01 <ul style="list-style-type: none"> Suffed tomatoes(only tomatoes) Feta cheese Bread Orange Pasta napolitan

*Optional menu (Options to the daily choices only apply to grades 1-5 in Elementary school. Valid for card holders via gefsinus app)

