

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
			<ul style="list-style-type: none"> <li>Meatballs from fresh minced meat with mint sauce</li> <li>Rice with saffron</li> <li>tomato and cucumber salad</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed tomatoes (just tomatoes)</li> <li>Feta cheese</li> <li>Bread</li> <li>Banana</li> </ul>
			Leek-rice	Pasta Carbonara
11	12	13	14	15
<ul style="list-style-type: none"> <li>Chicken leg fillet with pineapple, colorful peppers &amp; cream</li> <li>Rice pilaf</li> <li>Cabbage and carrot</li> <li>Apricot</li> </ul>	<ul style="list-style-type: none"> <li>Burger with fresh minced meat, honey mustard sauce</li> <li>Traditional potatoes</li> <li>Tomatoes</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>Peas with potatoes</li> <li>Feta cheese</li> <li>Bread</li> <li>Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Grilled meatballs from fresh minced meat</li> <li>Rice pilaf</li> <li>mixed greens salad</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Pizza margherita</li> <li>Lettuce and cucumber salad</li> <li>Banana</li> </ul>
Cretan sofegado	Chickpeas in a pot with leek	Pasta napoliten	Mullet beans in a pot with myronia and fennels	Fava married with tomato & caper
18	19	20	21	22
<ul style="list-style-type: none"> <li>Lasagne bolognese</li> <li>Cabbage and carrot</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Beef grilled kebab</li> <li>Potatoes in the oven</li> <li>with fluffy pita,</li> <li>yogurt, tomato &amp; onion</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Pennes pasta with 4 cheese</li> <li>tomato salad</li> <li>Apricot</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed minced meat roll with peppers &amp; feta cheese</li> <li>Mixed greens salad</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>Traditional vegetables</li> <li>Briam with tomato</li> <li>Feta cheese</li> <li>Bread</li> <li>Apple</li> </ul>
Eggplants in red sauce	Spinach with rice	Artichokes ala polita	Green beans	Pasta in red sauce
25	26	27	28	29
<ul style="list-style-type: none"> <li>Grilled Chicken fillet with lemon sauce</li> <li>rice pilaf</li> <li>Lettuce and cucumber salad</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Grilled meat patties</li> <li>Oven potatoes</li> <li>Cabbage and carrot</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>Breaded cod fillet</li> <li>Potato salad with yogurt tartar sauce</li> <li>Orange</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs ala mafia</li> <li>Rice with saffron</li> <li>tomato and cucumber salad</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed tomatoes (just tomatoes)</li> <li>Feta cheese</li> <li>Bread</li> <li>Banana</li> </ul>
Vegetables mousaka	Zucchini in red sauce with myzithra cheese	Grilled Meat patties	Cabbage with quinoa	Pasta Carbonara

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

