

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
<ul style="list-style-type: none"> Chicken leg skewer Oven potatoes Lettuce Cucumber salad Apple <p>Zucchini in red sauce "ragu"</p>	<ul style="list-style-type: none"> Yiouvarkia with carrots & potato (no egg-lemon sauce) Beetroot salad Banana <p>Beans cooked in a pot with fresh herbs</p>	<ul style="list-style-type: none"> Pasta napolitan Cabbage and carrot salad Apple 	<ul style="list-style-type: none"> Pizza margarita Green salad Pear <p>Peas cooked in lemon sauce</p>	<ul style="list-style-type: none"> Green beans in olive oil and potatoes Feta cheese Bread Orange <p>Chicken fillet with rice</p>
13	14	15	16	17
<ul style="list-style-type: none"> Chickpeas Feta cheese Bread Apple <p>Pasta carbonara</p>	<ul style="list-style-type: none"> Meatballs with tomato sauce πουρές πατάτας Cabbage-carrot salad Banana <p>Peas with celery and fennel</p>	<ul style="list-style-type: none"> Lentils soup Feta cheese Bread Orange <p>Pasta napolitan</p>	<ul style="list-style-type: none"> Grilled burgers Oven potatoes Mixed greens salad Pear <p>eggplants in oven with tomato</p>	Half day
20	21	22	23	24
<ul style="list-style-type: none"> Traditional Pastitsio Salad tomato Banana <p>Braised cabbage with quinoa</p>	<ul style="list-style-type: none"> Beef kebab with corn pita & yogurt sauce Oven potatoes Tomatoes Pear <p>Giants beans</p>	<ul style="list-style-type: none"> Spinach and rice Feta cheese Bread Dessert <p>Pasta carbonara</p>	<ul style="list-style-type: none"> Meatballs in red sauce Rice pilad Italian salad mixed greens Apple <p>Okra in olive oil</p>	<ul style="list-style-type: none"> Stuffed tomatoes with potatoes Feta cheese Bread Orange <p>Pasta napolitan</p>
27	28	29	30	31
<ul style="list-style-type: none"> Chicken grilled fillets Oven potatoes tomato-cucumber salad Apple <p>Beans soup</p>	<ul style="list-style-type: none"> Burger honey mustard sauce Traditional potatoes Salad with mixed greens Pear <p>Artichokes ala polita</p>	<ul style="list-style-type: none"> Green beans in olive oil and potatoes Feta cheese Bread orange <p>Chicken fillets</p>	<ul style="list-style-type: none"> Pasta carbonara with turkey Cabbage-carrot salad Banana <p>Chickpeas with tomato and cumin</p>	<ul style="list-style-type: none"> Chickpeas soup Feta cheese Bread <p>Grilled meat patties</p>

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

