



*Vegetarian choice upon prior request

MONDAY

BREAKFAST: *Banana
* Cream
* Water

LUNCH: *Traditional Pastitsio/*Pasta napolitan*
* Cucumber salad
* Water

TUESDAY

BREAKFAST : *Toast with turkey and cheese
* Water

LUNCH : * Grilled Chicken fillet with rice/*Artichokes ala polita*
* Tomato salad
* Water

WEDNESDAY

BREAKFAST : * Cheese pie
* Water

LUNCH : *Grilled meat patties with oven potatoes/*Spinach with bulgur*
* Tomato and cucumber salad
* Water

THURSDAY

BREAKFAST : * Toast with turkey and cheese
* Water

LUNCH : * Pasta carbonara (with turkey)/*Peas in olive oil with potatoes*
* Watermelon
* Water

FRIDAY

BREAKFAST : * Thessaloniki Simit (Koulouri)
* Apple
* Water

LUNCH : * Beef in red sauce with rice pilaf/*Stuffed tomatoes and peppers*
* Cucumber salad
* Water



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MONDAY

BREAKFAST: *Banana
* Jelly
* Water

LUNCH: * Meatballs napoliten with rice pilaf/**Spinach with rice**
* Cucumber salad
* Water

TUESDAY

BREAKFAST : *Toast with turkey and cheese
* Water

LUNCH : *Chicken souvlaki with oven potatoes/**Borlotti beans with spinach**
* Tomato salad
* Water

WEDNESDAY

BREAKFAST : * Cheese pie
* Water

LUNCH : *Burger with cheese-tomato and honey mustard sauce/**Orzo with vegetables**

THURSDAY

* Tomato and cucumber salad
* Water

BREAKFAST : * Toast with turkey and cheese
* Water

LUNCH : * Pasta napoliten
* Watermelon
* Water

FRIDAY

BREAKFAST : * Thessaloniki Simit (Koulouri)
* Apple
* Water

LUNCH : * Beef with orzo (Yuvetsi)/**Green beans in olive oil**
* Cucumber salad
* Water