

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
	- Grilled meat patties - Baked potatoes - Lettuce - cucumber salad - Apple *Baked giant beans	- Okra cooked in olive oil with fresh tomato - Feta cheese - Bread - Pear *Napoliten pasta	- Meatballs with tomato sauce - Rice with Kozani saffron - Tomato - cucumber salad - Banana *Mushroom pie	- Stuffed tomatoes with rice & herbs - Feta cheese - Bread - Apple *Pasta Carbonara (turkey)
13	14	15	16	17
- Grilled chicken fillets - Rice pilaf - Lettuce - cucumber salad - Banana *Leek & rice	- Gefsinus Burger - Country style potatoes - Mixed green salad - Apple *Chickpeas	- Peas cooked in olive oil with potatoes - Feta cheese - Bread - Dessert *Napoliten pasta	- Fusilli Bolognese - Tomato - cucumber salad - Pear *Couscous with seafood	- Lentil soup - Feta cheese - Bread - Banana *Chicken fillets
20	21	22	23	24
'Pastitsio' - Tomato - cucumber salad - Apple *Baked vegetables 'Briam'	- Kebab - Pita bread - Yogurt - Baked potatoes - Tomato - Banana *Borlotti beans with chervil, spinach & fennel cooked in a pot	- Cod fillet in batter - Potato salad - Yogurt tartar sauce - Orange *Pasta Carbonara	- Linguini with shrimps 'Politiki' cabbage salad - Pear *Green beans cooked in olive oil	- Green beans cooked in olive oil - Feta cheese - Bread - Dessert *Chicken fillets
27	28	29	30	1
- Chicken souvlaki - Mashed potatoes - Greek salad - Apple *Zucchini ragout with fresh tomato, anthotiro cheese & thyme	- Grilled meat patties - Rice pilaf - Lettuce - cucumber salad - Banana *Spinach with bulgur, tomato & fennel	- Pizza Margherita 'Politiki' cabbage salad - Pear *Artichokes a la polita	- Meatballs salamafia - Rice with Kozani saffron - Tomato - cucumber salad - Apple *Braised cabbage with white & red quinoa, Florina peppers & cumin	- Noodles stir fry with vegetables (no mushrooms added) 'Pandesia' salad - Orange

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

