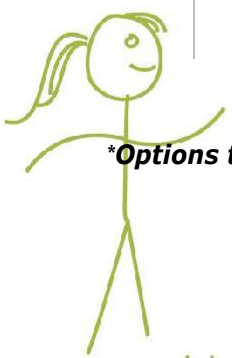
gefsinus
FOOD CULTURE
...fresh food culture

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			3	4
7	8	9	10	11
LABOR DAY	*Grilled meat patties *Baked potatoes *Tomato-cucumber salad *Apple Optional menu: Giant beans	*Tortellini with tomato cream sauce *Mixed green salad *Nectarine Optional menu: Okra cooked in olive oil	*Meatballs with spearmint sauce *Rice with saffron *Lettuce-cucumber salad *Banana Optional menu: Crepes with spinach	*Stuffed tomatoes *Feta cheese *Bread *Apple Optional menu: Napoliten pasta
14	15	16	17	18
*Grilled chicken fillet *Rice pilaf *Greek salad (feta cheese separately) *Pear Optional menu: Leek and rice	*Gefsinus burger *Country style potatoes *Lettuce-cucumber salad *Banana Optional menu: 'Sofegado' with baked vegetables	*Napoliten pasta *Green salad *Apple Optional menu: Grilled chicken fillets	*Meatballs with tomato sauce *Mashed potatoes *Cabbage-carrot salad *Pear Optional menu: Peas cooked with artichokes	*Lentil soup *Feta cheese *Bread *Orange Optional menu: Napoliten pasta
21	22	23	24	25
*'Pastitsio' *Greek salad (feta cheese separately) *Apple Optional menu: 'Briam' with baked vegetables	*Grilled kebab *Baked potatoes *Pita bread *Tomato *Yogurt *Banana Optional menu: Borlotti beans cooked in a pot	*Battered cod fillet *Potato salad with tartar sauce *Orange Optional menu: Chicken fillets	HALF DAY	*Zucchini ragout with fresh tomato *Feta cheese *Bread *Dessert Optional menu: Napoliten pasta
28	29	30	1	2
*Peas cooked in olive oil with potatoes *Feta cheese *Bread *Orange Optional menu: Grilled meat patties	*Gefsinus burger *Country style potatoes *Lettuce-cucumber salad *Banana Optional menu: Spinach with bulgur	*Napoliten pasta *Mixed green salad *Apple Optional menu: Artichokes a la polita	*Meatballs in tomato sauce *Rice with saffron *Beet salad *Banana Optional menu: Braised cabbage with white and red quinoa	*Stir fry noodles with vegetables *Tomato-cucumber salad *Pear Optional menu: Stuffed tomatoes and peppers with minced meat



***Options to the daily choices only apply to grades 1-5in Elementary school.**

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