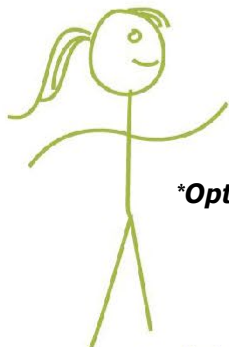


...fresh food culture

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Lentil soup *Feta cheese *Bread *Orange <u>Optional menu:</u> Pasta Napoliten	3 *Gefsinus burger *Country potatoes *Salad cabbage - carrot *Banana <u>Optional menu:</u> Okra cooked in olive oil	4 *Panned cod fillet *Potato salad with tartar sauce *Apple <u>Optional menu:</u> Grilled chicken fillet	5 *Traditional meatball soup 'giouvarlakia' with egg lemon sauce *Beet salad *Bread *Orange <u>Optional menu:</u> Spinach & rice 'spanakorizo' with fresh herbs	6 *Staffed tomatoes *Feta cheese *Bread *Banana <u>Optional menu:</u> Pasta Napoliten
9 *Traditional pastitsio *Salad cabbage - carrot *Apple <u>Optional menu:</u> Chickpea soup	10 *Veil cooked in tomato sauce *Mashed potatoes *Salad tomato - cucumber *Orange <u>Optional menu:</u> Eggplants with fresh tomato sauce	11 *Pizza margherita (locally produced) *Salad - mix of greens *Apple <u>Optional menu:</u> Leek & rice with fresh herbs	12 *Meatballs with tomato sauce *Mashed potatoes *Salad cabbage - carrot *Banana <u>Optional menu:</u> Baked vegetables 'briam'	13 *Pasta napoliten *Caesar salad *Orange <u>Optional menu:</u> Peas in olive oil.
16 *Grilled chicken fillet *Salad - mix of greens *Apple <u>Optional menu:</u> Peas cooked with artichokes	17 *Grilled meat patties *Rice pilaf *Salad cabbage - carrot *Banana <u>Optional menu:</u> Spinach & rice 'spanakorizo' with fresh herbs	18 *Green peas cooked in olive oil with potatoes *Feta cheese *Bread *Orange <u>Optional menu:</u> Grilled chicken fillets	19 *Meatballs with fresh spearmint sauce *Rice pilaf *Salad lettuce - cucumber *Apple <u>Optional menu:</u> Baked mixed vegetables 'tourlou' with feta cheese	20 *Panned cod fillet *Potato salad with tartar sauce *Orange <u>Optional menu:</u> Grilled meat patties
23 WINTER BREAK	24	25	26	27



***Options to the daily choices only apply to grades 1-5 in Elementary school. Valid for cardholders via gefsinus app.**

