

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<ul style="list-style-type: none"> <li>Grilled chicken fillets</li> <li>Rice with saffron</li> <li>Lettuce-cucumber salad</li> <li>Banana</li> </ul> <p>*Chickpea soup</p>	<ul style="list-style-type: none"> <li>Gefsinus Burger</li> <li>Country style potatoes</li> <li>Cabbage-carrot salad</li> <li>Apple</li> </ul> <p>*Artichokes a la polita</p>	<ul style="list-style-type: none"> <li>Green beans cooked in olive oil</li> <li>Feta cheese</li> <li>Bread</li> <li>Banana</li> </ul> <p>*Pasta Carbonara (with turkey)</p>	<ul style="list-style-type: none"> <li>Meatballs a la mafia</li> <li>Mashed potatoes</li> <li>Mixed greens salad</li> <li>Orange</li> </ul> <p>*Baked vegetables 'briam'</p>	<ul style="list-style-type: none"> <li>Stuffed tomatoes with rice</li> <li>Feta cheese</li> <li>Bread</li> <li>Apple</li> </ul> <p>*Pasta Neapolitan</p>
8	9	10	11	12
<ul style="list-style-type: none"> <li>'Pastitsio'</li> <li>Lettuce-cucumber salad</li> <li>Apple</li> </ul> <p>*Bean soup</p>	<ul style="list-style-type: none"> <li>Traditional meatball soup 'giouvarlakia'</li> <li>Cabbage-carrot salad</li> <li>Bread</li> <li>Banana</li> </ul> <p>*Peas cooked in olive oil with celeriac</p>	HALF DAY	<ul style="list-style-type: none"> <li>Beef cooked in tomato sauce</li> <li>Rice pilaf</li> <li>Mixed greens salad</li> <li>Banana</li> </ul> <p>*Chickpeas with leek, zucchini, carrot &amp; yellow curry paste in a pot</p>	<ul style="list-style-type: none"> <li>Pasta Napolitan</li> <li>Cabbage-carrot salad</li> <li>Apple</li> </ul> <p>*Cuttlefish with spinach</p>
15	16	17	18	19
<ul style="list-style-type: none"> <li>Chicken meatloaf stuffed with kasseri cheese</li> <li>Traditional potatoes</li> <li>Tomato-cucumber salad</li> <li>Apple</li> </ul> <p>*Mushroom soup</p>	<ul style="list-style-type: none"> <li>Smyrna meatballs 'soutzoukakia'</li> <li>Mashed potatoes</li> <li>Cabbage-carrot salad</li> <li>Banana</li> </ul> <p>*Baked eggplants with fresh tomato &amp; cheese</p>	<ul style="list-style-type: none"> <li>Peas cooked in olive oil</li> <li>Feta cheese</li> <li>Bread</li> <li>Orange</li> </ul> <p>*Pasta Carbonara (with turkey)</p>	<ul style="list-style-type: none"> <li>Linguine with shrimp</li> <li>Mixed greens salad</li> <li>Apple</li> </ul> <p>*Cassoulet beans with sausages</p>	<ul style="list-style-type: none"> <li>Spinach &amp; rice</li> <li>Feta cheese</li> <li>Bread</li> <li>Dessert</li> </ul> <p>*Pasta Napolitan</p>
22	23	24	25	26
<ul style="list-style-type: none"> <li>Grilled chicken fillets</li> <li>Rice with saffron</li> <li>Lettuce-cucumber salad</li> <li>Apple</li> </ul> <p>*Lentil soup</p>	<ul style="list-style-type: none"> <li>Beef soup</li> <li>Cabbage-carrot salad</li> <li>Bread</li> <li>Orange</li> </ul> <p>*Mushroom soup / Okra in olive oil</p>	<ul style="list-style-type: none"> <li>Cod fillet in batter</li> <li>Potato salad</li> <li>Yogurt tartar sauce</li> <li>Banana</li> </ul> <p>*Pasta Napolitan</p>	<ul style="list-style-type: none"> <li>Meatballs with tomato sauce &amp; sweet peppers</li> <li>Rice with saffron</li> <li>Lettuce-cabbage-carrot salad</li> <li>Apple</li> </ul> <p>*Moussaka</p>	<ul style="list-style-type: none"> <li>Pasta Napolitan</li> <li>Lettuce-cucumber salad</li> <li>Orange</li> </ul> <p>*Spinach with bulgur</p>

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

