

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14	15
<ul style="list-style-type: none"> • Napoliten pasta • Cabbage carrot salad • Banana 	<ul style="list-style-type: none"> • Kebab with fresh minced meat • Baked potatoes • Pita bread • Yogurt • Tomato • Apple <p>*Leek & rice with carrots and aneth</p>	<ul style="list-style-type: none"> • Cod fish soup (without egg) • Beet salad • Bread • Orange <p>*Chicken fillets</p>	<ul style="list-style-type: none"> • Napoliten meatballs • Rice pilaf • Cabbage carrot salad • Banana <p>*Peas with celeriac & funnel</p>	<ul style="list-style-type: none"> • Tomatoes stuffed with rice • Feta cheese • Bread • Apple <p>*Pasta Carbonara</p>
18	19	20	21	22
<ul style="list-style-type: none"> • Grilled chicken fillets • Rice with saffron • Lettuce cucumber salad • Apple <p>*Bean soup</p>	<ul style="list-style-type: none"> • Gefsinus burger • Country style potatoes • Cabbage carrot salad • Banana <p>*Peas cooked in lemon sauce with okra, carrots & herbs</p>	<ul style="list-style-type: none"> • Green beans cooked in olive oil • Feta cheese • Bread • Orange <p>*Napoliten pasta</p>	<ul style="list-style-type: none"> • Traditional meatball soup 'Giouvarlakia' with egg lemon sauce • Beet salad • Bread • Apple <p>*Braised cabbage with white & red quinoa, Florina pepper & cumin</p>	<ul style="list-style-type: none"> • Napoliten pasta • Cabbage carrot salad • Banana <p>*Chic peas 'revithada' from Sifnos</p>
25	26	27	28	29
<ul style="list-style-type: none"> • Lasagna Bolognese with fresh minced meat & mozzarella cheese • Lettuce cucumber salad • Apple <p>*Okra cooked in olive oil</p>	<ul style="list-style-type: none"> • Grilled meat patties • Baked potatoes • Cabbage carrot salad • Banana <p>*Borlotti beans with chervil, spinach & funnel in a pot</p>	<ul style="list-style-type: none"> • Battered cod fillet • Potato salad with yogurt tartar sauce • Orange <p>*Pasta Carbonara with turkey</p>	<ul style="list-style-type: none"> • Beef cooked in tomato sauce • Rice pilaf • Mix green salad • Banana <p>*Chickpeas with leek, zucchini, carrots & curry paste cooked in a pot</p>	<ul style="list-style-type: none"> • Spinach & rice • Feta cheese • Bread • Dessert <p>*Napoliten pasta</p>

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

