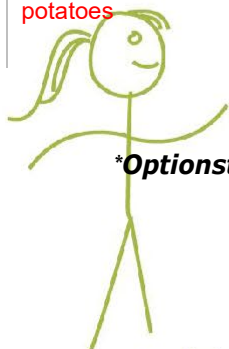


...fresh food culture

Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10
	*Veil cooked in tomato sauce *Rice pilaf *Salad cabbage - carrot *Banana  <u>Optional menu:</u> Chickpeas soup	*Leek & rice with fresh herbs *Feta cheese *Bread *Orange  <u>Optional menu:</u> Grilled chicken fillet	*Meatballs cooked in a tomato sauce *Baked potatoes *Beet salad *Apple  <u>Optional menu:</u> Artichokes a la polita with fresh dill	*Pane cod fillet *Potato salad with tartar sauce *Orange  <u>Optional menu:</u> Pasta Napoliten
13	14	15	16	17
*Grilled chicken fillet *Baked potatoes *Broccoli *Banana  <u>Optional menu:</u> Lentil soup	*Grilled kebab *Pita bread *Baked potatoes *Yogurt *Tomato *Apple  <u>Optional menu:</u> Leek and rice	*Codsoup *Beet salad *Orange  <u>Optional menu:</u> Chicken fillet	*Beef cooked in a lemon sauce *Babypotatoes *Salad cabbage-carrot *Banana  <u>Optional menu:</u> Peas cooked in lemon sauce	*Stuffed tomatoes *Feta cheese *Bread *Orange  <u>Optional menu:</u> Pasta Napoliten
20	21	22	23	24
*Traditional bean soup *Feta cheese *Bread *Dessert  <u>Optional menu:</u> Meat patties with rice	*Pasta Napoliten *Salad cabbage - carrot *Banana  <u>Optional menu:</u> Peas cooked in lemon sauce	*Green beans cooked in olive oil with potatoes *Fetacheese *Bread *Orange  <u>Optional menu:</u> Grilled chicken fillets	*Meatball soup *Bread *Beet salad *Apple  <u>Optional menu:</u> Eggplants with fresh tomato	*Pizza Margherita *Lettuce salad *Tangerine  <u>Optional menu:</u> Chickpeas
27	28	29	30	31
*Lasagna Bolognese *'Pandesia' salad *Apple  <u>Optional menu:</u> Peas cooked in lemon sauce with potatoes	*Grilled meat patties *Baked potatoes *Salad cabbage - carrot *Tangerine  <u>Optional menu:</u> Beef soup with vegetables	*Pane cod fillet *Potato salad with tartar sauce *Orange  <u>Optional menu:</u> Grilled chicken fillets	*Pasta Napoliten *Caesar's salad *Banana  <u>Optional menu:</u> Minestrone soup	*Leek & rice with fresh herbs *Feta cheese *Bread *Apple  <u>Optional menu:</u> Grilled meat patties



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

