

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13	14
<ul style="list-style-type: none"> <li>Grilled chicken fillets</li> <li>Baby potatoes</li> <li>Lettuce-cucumber salad</li> <li>Banana</li> </ul> <p>*Okra cooked in olive oil</p>	<ul style="list-style-type: none"> <li>Beef cooked in tomato sauce</li> <li>Rice pilaf</li> <li>Mixed greens salad</li> <li>Apple</li> </ul> <p>*Spinach &amp; rice</p>	<ul style="list-style-type: none"> <li>4 cheese penne</li> <li>Greek salad (feta cheese separately)</li> <li>Banana</li> </ul> <p>*Chickpeas</p>	<ul style="list-style-type: none"> <li>Meatballs cooked in tomato sauce</li> <li>Mashed potato</li> <li>Mixed greens salad</li> <li>Orange</li> </ul> <p>*Baked giant beans</p>	<ul style="list-style-type: none"> <li>Baked giant beans</li> <li>Feta cheese</li> <li>Bread</li> <li>Strawberries</li> </ul> <p>*Carbonara with turkey</p>
17	18	19	20	21
<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 Napolitan</p>	<ul style="list-style-type: none"> <li>Meatballs a la Mafia</li> <li>Basmati rice</li> <li>'Politiki' cabbage salad</li> <li>Banana</li> </ul> <p>*Zucchini ragout</p>	<ul style="list-style-type: none"> <li>Green beans cooked in olive oil with potatoes</li> <li>Feta cheese</li> <li>Bread</li> <li>Dessert</li> </ul> <p>*Chicken fillets</p>	<ul style="list-style-type: none"> <li>Gefsinus burger</li> <li>Country potatoes</li> <li>Mixed greens salad</li> <li>Apple</li> </ul> <p>*Baked vegetables 'Tourlou'</p>	<ul style="list-style-type: none"> <li>Stuffed tomatoes</li> <li>Feta cheese</li> <li>Bread</li> <li>Banana</li> </ul> <p>*Pasta Napolitan</p>
24	25	26	27	28
<ul style="list-style-type: none"> <li>Pastitsio</li> <li>Tomato-cucumber salad</li> <li>Apple</li> </ul> <p>*Borlotti beans</p>	<ul style="list-style-type: none"> <li>Grilled meat patties</li> <li>Baked potatoes</li> <li>Lettuce-cucumber salad</li> <li>Banana</li> </ul> <p>*Lentils with rice &amp; vegetables</p>	<ul style="list-style-type: none"> <li>Cod fillet in butter</li> <li>Potato salad</li> <li>Yogurt tartar sauce</li> <li>Orange</li> </ul> <p>*Pasta Carbonara</p>	<ul style="list-style-type: none"> <li>Meatballs with tomato sauce &amp; sweet peppers</li> <li>Rice with saffron</li> <li>'Politiki' cabbage salad</li> <li>Strawberries</li> </ul> <p>*Seafood couscous</p>	<ul style="list-style-type: none"> <li>Spinach with bulgur</li> <li>Feta cheese</li> <li>Bread</li> <li>Dessert</li> </ul> <p>*Grilled meat patties</p>
31	1	2	3	4
<ul style="list-style-type: none"> <li>Chicken souvlaki</li> <li>Rice with saffron</li> <li>Greek salad</li> <li>Apple</li> </ul> <p>*Fava bean puree with octopus</p>	<ul style="list-style-type: none"> <li>Kebab</li> <li>Pita bread</li> <li>Yogurt</li> <li>Baked potatoes</li> <li>Tomato</li> <li>Banana</li> </ul> <p>*Giant beans</p>	<ul style="list-style-type: none"> <li>Pizza Margherita</li> <li>Lettuce-cucumber salad</li> <li>Apple</li> </ul> <p>*Eggplants cooked in tomato sauce</p>	<ul style="list-style-type: none"> <li>Pasta Napolitan</li> <li>Lettuce-cucumber salad</li> <li>Orange</li> </ul> <p>*Okra cooked in olive oil</p>	<ul style="list-style-type: none"> <li>Stuffed tomatoes</li> <li>Feta cheese</li> <li>Bread</li> <li>Banana</li> </ul> <p>*Pasta Napolitan</p>

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

