

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLEAN MONDAY	3 *Veil cooked in tomato sauce *Mashed potatoes *Salad cabbage-carrot *Apple <u>Optional menu:</u> Chickpea soup	4 *Chickpea soup *Feta cheese *Bread *Dessert <u>Optional menu:</u> Chicken fillet	5 *Traditional meatball soup 'giouvarlakia' (without egg-lemon sauce) *Bread *Beet salad *Orange <u>Optional menu:</u> Traditional roasted vegetables 'Briam'	6 *Stuffed tomatoes *Feta cheese *Bread *Banana <u>Optional menu:</u> Pasta Napoliten
9 *Chicken fillets *Rice pilaf *Greek salad (feta cheese separately) *Apple <u>Optional menu:</u> Chickpeas from Sifnos	10 *Peas cooked in olive oil *Bread *Feta cheese *Tangerine <u>Optional menu:</u> Grilled meat patties	11 *Pane cod fillet *Potato salad with tartar sauce *Orange <u>Optional menu:</u> Grilled chicken fillet	12 *Shrimp linguine *Salad lettuce-cucumber *Banana <u>Optional menu:</u> Cabbage & rice with fresh herbs	13 *Pizza Margherita *Salad cucumber - tomato *Apple <u>Optional menu:</u> Borlotti beans cooked in a pot
16 *Baked giant beans *Feta cheese *Bread *Orange <u>Optional menu:</u> Grilled meat patties	17 *Meatballs ala Mafia *Mashed potatoes *Salad cabbage – carrot *Apple <u>Optional menu:</u> Peas with celeriac	18 HALF DAY	19 *Gefsinus burger *Country style potatoes *Salad lettuce - cucumber *Banana <u>Optional menu:</u> Baked eggplants	20 *Pasta Napoliten *Green salad *Tangerine <u>Optional menu:</u> Black eyed peas
23 *Traditional 'pastitsio' *Greek salad (feta cheese separately) *Apple <u>Optional menu:</u> Baked vegetables 'tourlou'	24 *Grilled kebab *Baked potatoes *Pita bread *Tomato *Yogurt *Banana <u>Optional menu:</u> Okras cooked in olive oil	25 HOLIDAY	26 *Meatballs with tomato sauce *Rice pilaf with peas *Salad cabbage - carrot *Orange <u>Optional menu:</u> Split peas with octopus	27 *Spinach & rice with fresh herbs *Feta cheese *Bread *Dessert <u>Optional menu:</u> Pasta Napoliten
30 *Traditional bean soup *Feta cheese *Bread *Tangerine <u>Optional menu:</u> Pasta Napoliten	31 *Gefsinus burger *Country style potatoes *Salad tomato – cucumber *Banana <u>Optional menu:</u> Okras ala polita	1 *Green beans cooked in olive oil *Feta cheese *Bread *Orange <u>Optional menu:</u> Chicken fillets	2 *Meatballs with spearmint sauce *Rice with saffron *Salad cabbage – carrot *Apple <u>Optional menu:</u> Chickpea soup	3 *Leek & rice *Feta cheese *Bread *Banana <u>Optional menu:</u> Grilled meat patties

*Options to the daily choices only apply to grades 1-5 in Elementary school.

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