

| Monday                                                                                                                                                 | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                | Thursday                                                                                                                                                                 | Friday                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 4<br>*Chicken souvlaki<br>*Baked potatoes<br>*Pita bread<br>*Broccoli<br>*Apple<br><br><u>Optional menu:</u><br>Green beans<br>cooked in olive oil     | 5<br>* Veil in a tomato<br>sauce<br>*Rice pilaf<br>*Salad – beets<br>*Pear<br><br><u>Optional menu:</u><br>Peas with<br>artichokes                                                                               | 6<br>*Lentil soup<br>*Feta cheese<br>*Bread<br>*Orange<br><br><u>Optional menu:</u><br>Chicken fillet                    | 7<br>*Soutzoukakia<br>(Greek Smyrna<br>meatballs) in<br>tomato sauce<br>*Rice pilaf<br>*Salad – Cabbage<br>& carrot<br>*Banana<br><br><u>Optional menu:</u><br>Chickpeas | 8<br>*Paned cod fillet<br>*Potato salad with<br>tartar sauce<br>*Orange<br><br><u>Optional menu:</u><br>Pasta Napoliten              |
| 11<br>*Chicken fillet<br>*Rice<br>* Salad – Cabbage<br>& carrot<br>*Apple<br><br><u>Optional menu:</u><br>Peas cooked in<br>olive oil                  | 12<br>*Spaghetti with<br>chicken bolognese<br>*Salad – tomato &<br>cucumber<br>*Pear<br><br><u>Optional menu:</u><br>Eggplants with<br>fresh tomato                                                              | 13<br>HALF – DAY                                                                                                         | 14<br>*Spinach & rice with<br>fresh herbs<br>*Feta cheese<br>*Bread<br>*Dessert<br><br><u>Optional menu:</u><br>Grilled meat patties                                     | 15<br>*Pizza Margherita<br>(Locally produced)<br>*Salad – mix of<br>greens<br>*Apple<br><br><u>Optional menu:</u><br>Zucchini Ragout |
| 18<br>*Traditional giant<br>beans<br>*Feta cheese<br>*Bread<br>*Orange<br><br><u>Optional menu:</u><br>Pasta Napoliten                                 | 19<br>*Veil in a tomato<br>sauce<br>*Rice pilaf<br>*Salad – lettuce &<br>cucumber<br>*Banana<br><br><u>Optional menu:</u><br>Peas with<br>artichokes                                                             | 20<br>*Paned cod fillet<br>*Potato salad with<br>tartar sauce<br>*Orange<br><br><u>Optional menu:</u><br>Chicken fillets | 21<br>*Meatballs with<br>tomato sauce<br>*Mashed potatoes<br>*Salad – Cabbage<br>& carrot<br>*Pear<br><br><u>Optional menu:</u><br>Leek and rice<br>(prasorizo)          | 22<br>*Pasta Napoliten<br>*Salad – lettuce &<br>cucumber<br>*Banana<br><br><u>Optional menu:</u><br>Potato soup                      |
| 25<br>*Chicken loaf with<br>kasseri cheese<br>*Mashed potatoes<br>*Salad – Cabbage<br>& carrot<br>*Apple<br><br><u>Optional menu:</u><br>Chickpea soup | 26<br>*Soutzoukakia<br>(Greek Smyrna<br>meatballs) in<br>tomato sauce<br>*Rice pilaf<br>*Salad – cabbage &<br>carrot<br>*Banana<br><br><u>Optional menu:</u><br>Peas with<br>artichokes cooked<br>in lemon sauce | 27<br>HALF – DAY                                                                                                         | 28<br>Thanksgiving                                                                                                                                                       | 29<br>Thanksgiving                                                                                                                   |

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