

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
*Turkey fillets *Rice pilaf *Salad-variety of vegetables *Apple <u>Optional menu:</u> Green beans cooked in olive oil	*Grilled meat patties *Baked potatoes *Steamed broccoli *Pear <u>Optional menu:</u> Spinach with bulgur	* Paned cod fillet * Potatoes salad with tartar sauce *Orange <u>Optional menu:</u> *Chicken fillet	*Chicken meatballs with fresh tomato sauce *Rice pilaf with corn *Salad - mix of greens *Banana <u>Optional menu:</u> Peas with artichokes	*Pasta Napoliten *Salad – cucumber sticks *Apple <u>Optional menu:</u> Cuttlefish stew (yiachni) with spinach
14	15	16	17	18
*Traditional pastitsio *Caesar's salad *Pear *Chickpeas soup	* Veil in tomato sauce * Rice pilaf * Cabbage-carrot salad *Orange * Eggplants with fresh tomato	HALF DAY	*Burger gefsinus * Traditional potatoes *Mixed greens salad *Banana * Peas cooked in olive oil	*Pizza margherita (local cooking) *Greens salad *Apple *Zucchini ragout
21	22	23	24	25
*Chicken fillet *Rice * Cabbage-carrot salad *Apple *Leek with rice	*Grilled kebab *Potatoes *Pita bread *Yogurt *Tomato *Mixed greens salad *Banana * Eggplants Imam	*Beans soup *Feta cheese *Bread *Dessert *Chicken fillet	*Soutzoukakia *Rice pilaf *Beet salad *Pear * Peas cooked in lemon juice with artichokes	*Lentils soup *Feta cheese *Bread *Orange *Spaghetti Napoliten
28	29	30	31	01
HOLIDAY	*Grilled meat patties *Potatoes *Steamed *Apple * Beef soup	*Cabbage with rice *Feta cheese *Bread *Orange *Chicken fillet	*Veil in lemon juice *Rice * Beet salad *Pear *Okras with olive oil	* Green peas cooked in olive oil *Feta cheese *Bread *Dessert *Grilled meat patties

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