

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
<ul style="list-style-type: none"> Turkey fillets Rice pilaf Cabbage-carrot salad Banana <p>*Green beans cooked in olive oil</p>	<ul style="list-style-type: none"> Grilled meat patties Baked potatoes Steamed broccoli Apple <p>*Spinach with bulgur</p>	<ul style="list-style-type: none"> Battered cod fillet Potato salad with tartar sauce Orange <p>*Pasta Carbonara (with turkey)</p>	<ul style="list-style-type: none"> Peas cooked in olive oil with potatoes Feta cheese Bread Banana <p>*Grilled meat patties</p>	<ul style="list-style-type: none"> Pasta Napoliten Mixed green salad Pear <p>*Cuttlefish with spinach</p>
12	13	14	15	16
<ul style="list-style-type: none"> 'Pastitsio' Greek salad (feta cheese separately) Apple <p>*Chickpea soup</p>	<ul style="list-style-type: none"> Meatballs with spearmint sauce Rice with saffron Lettuce-cucumber salad Banana <p>*Eggplants with fresh tomato, feta cheese P.D.O. & basil</p>	HALF DAY	<ul style="list-style-type: none"> Gefsinus burger Countrystyle potatoes Lettuce-cucumber salad Banana <p>*Peas with celeriac & fresh fennel</p>	<ul style="list-style-type: none"> Zucchini ragout with fresh tomato Feta cheese Bread Dessert <p>*Grilled chicken fillets</p>
19	20	21	22	23
<ul style="list-style-type: none"> Grilled chicken fillet Mashed potatoes Greek salad (feta cheese separately) Pear <p>*Peas cooked in olive oil</p>	<ul style="list-style-type: none"> Grilled kebab Baked potatoes Pita bread Tomato Yogurt Banana <p>*Baked vegetables 'Briam'</p>	<ul style="list-style-type: none"> Bean soup Feta cheese Bread Apple <p>*Grilled meat patties</p>	<ul style="list-style-type: none"> Linguine with shrimps Cabbage-carrot salad Pear <p>*Stuffed rainbow peppers with bulgur, chicken, wild mushrooms, vegetables & Cretan gruyere cheese</p>	<ul style="list-style-type: none"> Battered cod fillet Potato salad with tartar sauce Orange <p>*Pasta Napoliten</p>
26	27	28	29	30
<ul style="list-style-type: none"> Lentil soup Feta cheese Bread Orange <p>*Grilled meat patties</p>	<ul style="list-style-type: none"> Grilled meat patties Baked potatoes Steamed vegetables Apple <p>*Leek & rice</p>	'OXI' DAY	<ul style="list-style-type: none"> Beef cooked in tomato sauce Rice pilaf Lettuce-cucumber salad Banana <p>*Chickpeas with leek, fresh spearmint & lime</p>	<ul style="list-style-type: none"> Okra cooked in olive oil Feta cheese Bread Dessert <p>*Pasta Napoliten</p>

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

