

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06	07	08	09	10
	<ul style="list-style-type: none"> <li>Grilled fresh minced meat kebab</li> <li>pita bread</li> <li>yogurt,</li> <li>tomato</li> <li>baked potatoes</li> <li>Banana</li> </ul> <p>Leek and rice</p>	<ul style="list-style-type: none"> <li>Giant Beans in oven</li> <li>Feta cheese</li> <li>Bread</li> <li>Orange</li> </ul> <p>Pasta carbonara (with turkey)</p>	<ul style="list-style-type: none"> <li>Meatballs in red sauce</li> <li>Saffron rice</li> <li>Cabbage and carrot salad</li> <li>Pear</li> </ul> <p>Peas with celery</p>	<ul style="list-style-type: none"> <li>Pasta napolitan</li> <li>Mixed green salad</li> <li>Kiwi</li> </ul> <p>Chickpeas soup</p>
13	14	15	16	17
<ul style="list-style-type: none"> <li>Traditional pastitsio</li> <li>Cabbage and carrot salad</li> <li>Apple</li> </ul> <p>Beans soup</p>	<ul style="list-style-type: none"> <li>Burger with fresh minced meat,cheesehoney mustard sauce</li> <li>Country style potatoes</li> <li>Mixed green salad</li> <li>Banana</li> </ul> <p>Peas with artichokes</p>	<ul style="list-style-type: none"> <li>Green beans in olive oil with potatoes</li> <li>Feta cheese</li> <li>Bread</li> <li>Dessert</li> </ul> <p>Pasta napolitan</p>	<ul style="list-style-type: none"> <li>Pizza margharitta</li> <li>Cucumber and green salad</li> <li>Kiwi</li> </ul> <p>Cabbage with quinoa</p>	<ul style="list-style-type: none"> <li>Traditional stuffed tomaoes with rice(tomatoes only)</li> <li>Feta cheese</li> <li>Bread</li> <li>Orange</li> </ul> <p>Chicken fillet with rice</p>
20	21	22	23	24
<ul style="list-style-type: none"> <li>Chicken souvlaki</li> <li>Baked potatoes</li> <li>Cabbage and carrot salad</li> <li>Pear</li> </ul> <p>Mixed vegetables in oven (briam)</p>	<ul style="list-style-type: none"> <li>Beef in red sauce</li> <li>Rice with saffron</li> <li>green salad and cucumber</li> <li>Apple</li> </ul> <p>Beans with spinach and fennel</p>	<ul style="list-style-type: none"> <li>Cod fish with a crisp breaded crust</li> <li>Potato salad</li> <li>Tartar sauce</li> <li>Orange</li> </ul> <p>Beef meat patties</p>	<ul style="list-style-type: none"> <li>Spaghetti bolognese</li> <li>Mixed green salad</li> <li>Banana</li> </ul> <p>Chickpeas with leek and carrots</p>	<ul style="list-style-type: none"> <li>Lentils soup</li> <li>Feta cheese</li> <li>Bread</li> <li>Kiwi</li> </ul> <p>Chicket fillet with rice</p>
27	28	29	30	31
<ul style="list-style-type: none"> <li>Grilled chicken fillets</li> <li>baked baby potatoes</li> <li>green salad and cucumber</li> <li>Apple</li> </ul> <p>Green beans in olive oil</p>	<ul style="list-style-type: none"> <li>Grilled patties</li> <li>Rice pilaf</li> <li>green salad and cucumber</li> <li>Pear</li> </ul> <p>Artichokes ala polita</p>	<ul style="list-style-type: none"> <li>Beans soup</li> <li>Feta cheese</li> <li>Bread</li> <li>Orange</li> </ul> <p>Pasta napolitan</p>	<ul style="list-style-type: none"> <li>Crepes with turkey and cheese</li> <li>Mixed green salad</li> <li>Banana</li> </ul> <p>Vegetables in oven (Briam)</p>	<ul style="list-style-type: none"> <li>Spinach with rice</li> <li>Feta cheese</li> <li>Bread</li> <li>Orange</li> </ul> <p>Pasta carbonara(with turkey)</p>

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

