

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 • CLEAN MONDAY	04 • Spaghetti bolognese • Cabbage and carrot salad • Pear Beans with myronia and fennel	05 • Cod fish with a crisp breaded crust • Potato salad • Tartar sauce • Orange Pasta napolitan	06 • Meatballs with tomato sauce and sweet peppers • Rice pilaf • Mixed green salad • Pear Peas in lemon sauce	07 • Peas in olive oil with potatoes • Feta cheese • Bread • Kiwi chicken fillet with rice
10 • Grilled chicken fillets • baked baby potatoes • green salad and cucumber • Apple Chickpeas soup	11 • Pizza margharitta • Cabbage and carrot salad • Kiwi Peas with celery	12 • Lentils soup • Feta cheese • Bread • Kiwi Pasta carbonara	13 • Burger with fresh minced meat,cheesehoney mustard sauce • Country style potatoes • Mixed green salad • Banana Baked eggplants with tomato	14 • Bean soup • Feta cheese • Bread • Orange Pastaa napolitan
17 • Traditional pastitsio • Cabbage and carrot salad • Apple Mixed vegetables in oven	18 • Kebab made from grilled fresh minced beef • pita • yogurt sauce & paprika • Baked potatoes • Tomatoes • Pear Giant beans in oven	19 • Spinach rice • Feta cheese • Bread • Orange Chicken fillet with rice	20 • Spaggheti with srimps in red sauce • Mixed green salad • Banana Okra in olive oil	21 • Traditional stuffed tomaoes with rice(tomatoes only) • Feta cheese • Bread • Orange Pasta carbonara
24 • Chicken Souvlaki • Baked potatoes • green salad and cucumber • Apple Artichokes ala polita	25 NATIONAL HOLIDAY	26 • Green Beans in olive oil with potatoes • Feta cheese • Bread • Dessert Pasta napolitan	27 • Beef Meat patties • Rice pilaf • Cabbage and carrot salad • Pear Chickpeas with tomato and cumin	28 • Chickpeas soup • Feta cheese • Bread • Orange Pasta carbonara
31 • Chicken with orzo(yiuvetisi) • Mixed green salad • Banana Lentil soup	01 • Meatballs in red sauce • Rice pilaf with saffron • Cabbage and carrot salad • Apple Baked eggplants with tomato	02 • Cabbage with rice • Feta cheese • Bread • Orange Pasta carbonara	03 • Cod fish with a crisp breaded crust • Potato salad • Tartar sauce • Orange Chicken fillet with rice	04 • Pasta napolitan • Mixed green salad • Banana Spinach with groats ant tomato

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

