

MONDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	5	6	7	8			
<ul style="list-style-type: none"> Chicken sweet chilli sauce Basmati rice Tomato salad Green apple <p>Spinach with rice</p>	<ul style="list-style-type: none"> Meat patty country potatoes Green salad mixed Pear <p>Black beans stew</p>	<ul style="list-style-type: none"> Pasta napolitan Cabbage and carrot salad Banana <p>Peas with celery</p>	<ul style="list-style-type: none"> Chicken fillet Country potatoes mixed green salad Straberries <p>Cabbge with rice</p>	<ul style="list-style-type: none"> Lentils soup Feta cheese Bread Orange <p>Beef patty with rice</p>			
11	12	13	14	15			
<ul style="list-style-type: none"> Pastitsio cabbage and carrot salad Green apple <p>Chickpeas</p>	<ul style="list-style-type: none"> Meatballs ala mafia Mashed potatoes Cabbage and carrot salad Apricot <p>Cretan vegetables sofegado</p>	<ul style="list-style-type: none"> Breaded crispy cod Rice pilaf Beet salad Orange <p>Pasta napolitan</p>	<ul style="list-style-type: none"> Beef Kebab yoghurt sauce With country potatoes tomato pita bread Pear <p>Peas in red sauce with potatoes</p>	<ul style="list-style-type: none"> Stuffed tomatoes Feta cheese Bread Banana <p>Pasta carbonara</p>			
18	19	20	21	22			
<ul style="list-style-type: none"> Pasta bolognese Mixed green salad Banana <p>Lentils with rice</p>	<ul style="list-style-type: none"> Chicken fillet thigh in lemon sauce oven potatoes Cucumber salad Pear <p>Green beans in tomato sauce</p>	<ul style="list-style-type: none"> Pizza margheritta Tomato salad Apple <p>Artichokes ala polita</p>	<ul style="list-style-type: none"> No school 	<ul style="list-style-type: none"> No school 			
25	26	27	28	29			
<ul style="list-style-type: none"> Chicken nuggets Rice pilaf Mixed green salad Apricot <p>Green beans in olive oil</p>	<ul style="list-style-type: none"> Beef Burger with cheese and Honey mustard sauce Country potatoes Tomato Banana <p>Mixed vegetables in oven(briam)</p>	<ul style="list-style-type: none"> Peas in olive oil Feta cheese Bread Orange <p>Pasta napolitan</p>	<ul style="list-style-type: none"> Meatballs in red sauce Wild Rice pilaf Cucumber and carrot salad Strawberries <p>Baked eggplants</p>	<ul style="list-style-type: none"> Lentils soup Feta cheese Bread Banana <p>Chicken fillet with rice</p>			

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

