

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05	06	07	08	09
- Grilled chicken fillets in lemon sauce - Rice pilaf - Green salad and cucumber - Apple Spinach rice	- Beef Kebab - pita - yogurt sauce & paprika - Baked potatoes - Tomatoes - Banana Black beans stew	- Tortellini pasta with 4 cheeses sauce - Mixed green salad - Strawberries Peas with celery	- Meatballs ala mafia - Rice pilaf - Mixed green salad - Orange Traditional imam eggplants in oven	- Pizza margharitta - tomato and cucumber salad - Banana Lentils soup
12	13	14	15	16
- Traditional pastitsio - Green salad and cucumber - Apple Chickpeas soup	- Burger with fresh minced meat, cheese, honey mustard sauce - Country style potatoes - Mixed green salad - Pear Cretan sofegado (vegetables in oven)	- Cod fish with a crisp breaded crust - Potato salad - Tartar sauce - Orange Pasta napolitan	- Stir fry noodles with vegetables & soy sauce (no mushrooms) - cabbage and carrot salad - Apple Peas with olive oil	- Traditional stuffed tomatoes with rice (tomatoes only) - Feta cheese - Bread - Pear Pasta carbonara
19	20	21	22	23
- Traditional Moussaka - tomato and cucumber salad - Apple Lentils and rice with vegetables	- Meatballs napolitan - Rice with saffron - Mixed green salad - Strawberries Green beans in olive oil	- Spinach with rice - Feta cheese - Bread - Orange Pasta carbonara	- Beef with orzo (yiouvetsi) - Mixed green salad - Apple Stuffed eggplants	- Pasta napolitan - Mixed green salad with cucumber - Banana Mixed vegetables in olive oil
26	27	28	29	30
- Turkey fillet in lemon sauce - Rice pilaf - Mixed green salad - Apple Green beans in olive oil	- Traditional pastitsio - Green salad and cucumber - Apple Briam	- Cod fish with a crisp breaded crust - Potato salad - Tartar sauce - Orange chicken fillet with rice	- Grilled meat patty - Rice oiaf - Mixed green salad - Strawberries eggplants with feta cheese	- Traditional stuffed tomatoes with rice (tomatoes only) - Feta cheese - Bread - Pear Pasta napolitan

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

