gefsinus®
FOOD CULTURE

September 2026

MONDAY		WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	5	6
• Penne bolognese • tomato salad • Banana Green beans in olive oil stew served with yahni potatoes	• chicken fillet • country potatoes • tomato salad • Pear Spinach with rice	• Breaded crispy cod • Rice pilaf • Beet salat • Orange Pasta napolitan	• Beef in red sauce with pasta sioufichta • Green salad mixed • Apple Leek and rice with gruyere cheese	• Lentil soup • Feta cheese • Bread • Banana Pasta carbonara with chicken
9	10	**11**	**12**	13
• Chicken patty • oven potatoes • Green salad • Green Apple Peas in olive oil with carrot	• Beef in lemon sauce • mashed potato • Tomato • Banana Lentils with rice and curry	• Stuffed tomatoes • Feta cheese • Bread • Banana Pasta carbonara with chicken	• Chicken souvlaki • Country potatoes • PIta bread • Cabbage and green salad • Pear Caponata zucchini in oven	• Penne napolitan • Mixed green salad • Banana Peas in olive oil
16	17	**18**	**19**	20
• Pastitsio • Tomato salad • Pear Eggplants in oven	half day	• Pizza margheritta • Cucumber salad • Banana Grilled zucchini in olive oil	• Beef Kebab yoghurt sauce • With country potatoes • tomato • pita bread • Apple Okra in oven with raisins	• Okra • Feta cheese • Bread • Orannge Pasta napolitan
23	24	**25**	**26**	27
• Penne bolognese • tomato salad • Pear Green beans in olive oil	• Beef burger • With country potatoes • Green salad • Apple Mixed vegetables (tourlou)			
30	01	02	03	04
• Stuffed Chicken with kaseri cheese • oven baby potatoes • Green salad • Green Apple Lentil soup	• Spaghetti with meatballs in red sauce • Cabbage and carrot salad • Pear Vegan mousaka	• Green beans • Feta cheese • Bread • Orange δημ 50 νήπιο 66	• Rigaroni in oven with chicken and cheese • carrot salad • Banana Traditional trachana	• Bean soup in red sauce • Feta cheese • Bread • Orange Chicken fillet in lemon sauce with rice pilaf

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



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