

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
- Grilled meat patties - Rice pilaf - cabbage and carrot salad - Green apple Peas in olive oil with potatoes	- Chicken nuggets - Rice pilaf - Mixed green salad - Pear Eggplant in oven with tomato sauce	- Lentils soup - Feta cheese - Bread - Orange Pasta carbonara	- Cod fish with a crisp breaded crust - Groats with vegetables - mixed green salad - Banana Chicken fillet with rice	- Pasta napolitan - Mixed green salad - Banana Vegan moussaka
10	11	12	13	14
- Pasta Bolognese - Green salad - Banana Giant beans in oven	- Chicken thigh fillet - Oven potatoes - Cabbage and carrot salad - Banana Peas with lemon sauce	- Pizza Margharita - tomato cucumber salad - Pear Leek with rice	- Beef with orzo (yiouvetsi) - Green salad with cucumber - Orange Briam mixed vegetables in oven	- Green beans with potatoes - Feta cheese - Bread - apple Pasta napolitan
17	18	19	20	21
HALF DAY	- Pastitsio - Green salad - Banana Green Beans in olive oil	- Tortellini with cream tomato - Cabbage and carrot salad - Pear Cabbage with rice	- Burger with fresh minced meat,cheesehoney mustard sauce - Country style potatoes - Mixed green salad - Green apple Beans with spinach and fennel	- Mixed Vegetables with feta in oven - Bread - Orange Pasta napolitan
24	25	26	27	28
- Pasta carbonara with turkey - tomato cucumber salad - Pear Tricolor lentil soup	- Meatballs soup with carrots and potatoes(yiouvarlakia) - Cabbage and carrot salad - Green apple Okra in olive oil	half day	THANKSGIVING	THANKSGIVING

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

