

MONDAY		WEDNESDAY		THURSDAY		FRIDAY			
5		6		7		8		9	
• Chicken bites in lemon sauce • Rice pilaf • Green salad • Apple Chickpeas with tahini and lemon		• Meatballs in ovej with teriyaki sauce • Country potatoes • tomato salad • Banana Eggplants with fresh tomaoes		• Breaded crispy cod • Rice pilaf • Beet salat • Orange Pasta Napolitan		• Pasta napolitan • Green salad mixed • Pear Three color Lentil soup		• Giant beans in oven • Feta cheese • Bread • Orange Chicken fillet with rice pilaf	
12		13		14		15		16	
• Pastitsio • Cabbage and carrot salad • Pear Bean soup with herbs		• Beef Burger with cheese and Honey mustard sauce • Country potatoes • Tomato • Banana Peas in olive oil		HALF DAY		• Meatballs from smyrna (soutzoukakia) • Rice pilaf • Mixed green saladd • Pear Spinach with groats		• Orzo with vegetables(yiouveti) • carrot salad • Orange Pasta carbonara with turkey	
19		20		21		22		23	
• Lasagna in oven with chicken • Mixed green salad • Apple Lentils with rice and curry		• Beef patty • country potatoes • Cucumber salad • Pear Cabbage with rice		• Pasta with 4cheesses sauce • Carrot salad • Orange Black beans yahni		• Chicken with orzo (yiouveti) • Cabbage and green salad • Green Apple Okra in olive oil stew		• Green beans in red saue • Feta cheese • Bread • Banana Pasta napolitan	
26		27		28		29		30	
• Chicken Fillet • Steamed vegetables • Pear Peas in lemon sauce		• Beef Kebab yoghurt sauce • With country potatoes • tomato • pita bread • Apple Artichokes ala polita		PUBLIC HOLIDAY		• Pasta bolognese • Cucumber and carrot salad • Green apple Chickpeas baked with lemon		• Stuffed tomatoes with rice • Feta cheese • Bread • Banana Penne carbonara with turke	

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

