

MONDAY		WEDNESDAY		THURSDAY		FRIDAY			
7		8		9		10		11	
Closed		• Penne bolognese • tomato salad • Banana		• Pizza margheritta • Cucumber salad • Green apple		• Meat patty • country potatoes • Green salad mixed • Pear		• Okra in olive oil • Feta cheese • Bread • Orange	
		Lentil rice with curry vegetables & lime juice		Chickpeas soup		Bean stew		Pasta napolitan	
14		15		16		17		18	
• Chicken thigh teriyaki • Rice pilaf • Green salad • Melon		• Beef Burger with cheese and Honey mustard sauce • Country potatoes • Tomato • Banana		• Breaded crispy cod • Rice pilaf • Beet salat • Orange		• Beef in red sauce • Mashed potatoes • Cabbage and green salad • Pear		• Stuffed tomatoes • Feta cheese • Bread • Banana	
Vegetable moussaka		Baked giant beans		Pasta carbonara		Braised cabbage with white & red quinoa, Florina peppers & cumin		Chicken fillet with rice	
21		22		23		24		25	
• Pasta linguini with meatballs in red sauce • Mixed green salad • Apple		• Chicken fillet in lemon sauce • country potateos • Cucumber salad • Pear		• Green beans in olive oil • Feta cheese • Bread • Orange		• Beef in lemon sauce • Basmati rice • Cabbage and green salad • Green Apple		• Mixed Vegetables • Feta cheese • Bread • Banana	
Roasted zucchini in red sauce with xinomizithra cheese		Spinach rice		Pasta napolitan		Green beans in olive oil		Chicken patty with country potatoes	
28		29		30		01		02	
• Pastitsio • Tomato salad • Pear		• Beef Kebab yoghurt sauce • With country potatoes • tomato • pita bread • Apple		• Kayanas (tomato and eggs with feta cheese) • Bread • Orange		• Chicken in lemon sauce • Oven potatoes • Cucumber and carrot salad • Green apple		• Penne napolitan • Mixed green salad • Banana	
Cretan sofegado		Mushroom soup		Pasta Napolitan		Oven baked borlotti beans		Greek fava with tomato and capers	

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

