

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			04	05
			<ul style="list-style-type: none"> Meatballs in red sauce with mint Rice with saffron Lettuce with cucumber salad Banana <p>Cabbage and rice</p>	<ul style="list-style-type: none"> Traditional stuffed tomatoes with rice (tomatoes only) Feta cheese Bread Pear <p>Pasta carbonara</p>
08	09	10	11	12
<ul style="list-style-type: none"> Grilled chicken leg fillets in cream sauce Rice pilaf green salad and cucumber Nectarine <p>Cretan sofegado</p>	<ul style="list-style-type: none"> Grilled beef patties Oven potatoes tomato salad Green apple <p>Oven Eggplants in red sauce</p>	<ul style="list-style-type: none"> Pasta napolitan Mixed green salad Banana <p>Peas with lemon sauce</p>	<ul style="list-style-type: none"> Homemade ovenbaked chicken nuggets with country potatoes yogurt mustard sauce Cabbage and carrot salad Pear <p>Baked beans with wild greens spinach & dill</p>	<ul style="list-style-type: none"> Pizza margharita Mixed green salad Apple <p>Fava with capers</p>
15	16	17	18	19
<ul style="list-style-type: none"> Lasagna bolognese Cabbage and carrot salad Apple <p>Grilled zucchini with tomato</p>	<ul style="list-style-type: none"> Kebab made from grilled fresh minced beef Pita bread yogurt sauce & paprika Baked potatoes Tomatoes Banana <p>Spinach and rice</p>	<ul style="list-style-type: none"> Penne 4cheeses sauce Tomato and cucumber salad Green apple <p>Artichokes ala polita</p>	<ul style="list-style-type: none"> Burger with fresh minced meat, cheese honey mustard sauce Country style potatoes Mixed green salad Nectarine <p>Green beans in olive oil</p>	<ul style="list-style-type: none"> Green beans in olive oil with potatoes Feta cheese Bread Pear <p>Pasta carbonara</p>
22	23	24	25	26
<ul style="list-style-type: none"> Spaghetti bolognese Mixed green salad Apple <p>Vegetable mousaka</p>	<ul style="list-style-type: none"> Chicken thigh souvlaki corn pita yogurt sauce country potatoes Tomatoes Nectarine <p>Oven giant beans</p>	<ul style="list-style-type: none"> Orzo with vegetables (yiouvetsi) Lettuce and tomato salad Green apple <p>Pasta napolitan</p>	<ul style="list-style-type: none"> Cod fish with a crisp breaded crust Potato salad Tartar sauce Orange <p>Chicken fillet with rice</p>	<ul style="list-style-type: none"> Peas in olive oil with potatoes Feta cheese Bread Banana <p>Pasta carbonara</p>
29	30	01	02	03
<ul style="list-style-type: none"> Green beans in olive oil with potatoes Feta cheese Bread Pear <p>Pasta napolitan</p>	<ul style="list-style-type: none"> Lemon beef stew mashed potatoes Tomato and cucumber salad Apple <p>Stewed potatoes with celery and tomatoes</p>	<ul style="list-style-type: none"> Noodles stir fry with vegetables (no mushroom) Mixed green salad Pear <p>Chickpeas in casserole</p>	<ul style="list-style-type: none"> Traditional Pastitsio Cabbage and carrot salad Banana <p>Peas with lemon sauce</p>	<ul style="list-style-type: none"> Okra in olive oil with potatoes Feta cheese Bread Nectarine <p>Pasta carbonara</p>
*Optional menu (Options to the daily choices only apply to grades 1-5 in Elementary school. Valid for card holders via gefsinus app)				

