

6th week

DAY		MONDAY 01/12/25	TUESDAY 02/12/25	WEDNESDAY 03/12/25	THURSDAY 04/12/25	FRIDAY 05/12/25	SATURDAY 06/12/25	SUNDAY 07/12/25
MEAL	first course	Spinach pie	"Trachanas" Sour milky pasta soup with tomato juice and cheese	Omelette with mushrooms and cheese	Hummus	Baked zucchini with tzatziki salad	Omelette with cheese	Vegetable soup
	main course	Pasta bolognese and grated cheese	Roasted chicken with tomato juice and orzo pasta	Gilt-head sea bream with lemon juice and rice	"Soutzoukakia" Baked spicy meatballs (with herbs, cumin) with french fries	Lentil soup, 4-5 olives, pickles and boiled egg	Baked meatballs with tomato juice and rice	Roasted chicken with lemon juice and mashed potatoes
		Cuttlefish (frozen) with tomato juice and rice	"Moussakas" Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	Chickpeas soup, 4-5 olives, pickles and feta cheese	Pasta Napoliten and grated cheese	Green peas casserole with tomato juice and feta cheese	"Gemista with minced meat" Tomatoes and peppers stuffed with rice, minced meat, chopped vegetables and herbs baked in the oven and feta cheese	Roasted pork stake with french fries
		Barlotti beans casserole and feta cheese	"Briam" Mixed vegetables casserole and feta cheese	Green beans casserole with tomato juice and feta cheese	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta chesse	Spinach with rice and boiled egg	"Imam" Eggplants casserole with tomato juice and feta cheese	"Tourlou" Mixed vegetables casserole and feta cheese
	bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread
	salad	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)
	dessert fruit	Rice pudding Dessert made with milk, rice and added cinanamon	Fruit	Rox Dough dessert with cinnamon and chocolate in sweet syrup	Fruit	"Galaktoboureko" Greek dessert of semolina-based custard in pastry sheet	Fruit	"Baklavas" Flaky pastry dough with walnuts in sweet syrup

DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Pizza margherita	Crêpes with vegetables	Smoothy cheese sauce	Risotto with mushrooms	Cheese pie	Potato souffle	Risotto with vegetables
	main course	Beef with tomato juice and couscous	Roasted pork with french fries	Arrow squid (frozen) with tomato juice and pasta	Roasted chicken with lemon juice and baked potatoes	Pasta bolognese and grated cheese	Zucchini stuffed with minced meat and feta cheese	Roasted lamb with baked potatoes
		Lentil soup, 4-5 olives, pickles and boiled egg	Pasta carbonara	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles and feta cheese	Okra casserole with tomato juice and feta cheese	Codfish (frozen) with lemon juice and steamed vegetables	Bean soup, 4-5 olives, pickles and feta cheese	Pasta with vegetable sauce and grated cheese
	bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread
	salad	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)
	dessert	Fruit	"Kantafi" Baked shredded phyllo pastry filled with walnuts in sweet syrup	Fruit	"Ravani" Semolina cake in sweet syrup	Fruit	Greek walnut cake with syrup	Fruit