

7th week

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DAY		MONDAY 08/12/25	TUESDAY 09/12/25	WEDNESDAY 10/12/25	THURSDAY 11/12/25	FRIDAY 12/12/25	SATURDAY 13/12/25	SUNDAY 14/12/25
MEAL	first course	Omelette with spinach	Black-eyed beans casserole with tomato juice	Spinach pie	"Trachanas" Sour milky pasta soup with cheese	Tzatziki salad	Omelette with potatoes and cheese	Vegetable soup
	main course	Pasta bolognese and grated cheese	Roasted chicken with lemon juice and orzo pasta	Roasted codfish (frozen) with lemon juice and potato salad	Burger with french fries	Chickpeas soup with 4-5 olives, pickles and feta cheese	Minced meat roll with mashed potatoes	Roasted chicken with orzo pasta
		Roasted sea bass with rice	"Pastitsio" Baked pasta with minced meat and bechamel sauce	Lentil soup, 4-5 olives, pickles and boiled egg	Pork casserole with leek, celery and rice	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon 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	Pork casserole with groats and vegetables
		Okra casserole with tomato juice and feta cheese	Spinach with rice and boiled egg	"Briam" Mixed vegetables casserole and feta cheese	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles and feta cheese	"Tourlou" Mixed vegetables casserole and feta cheese	Barlotti beans casserole and feta cheese	Okra casserole with tomato juice 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 cinamon	Fruit	"Halvas" Greek semolina dessert with cinnamon	Fruit	Donuts	Fruit	Chocolate pie

DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Pizza (jambon and cheese)	Smoothy cheese sauce	Risotto with vegetables	Crêpes (jambon and cheese)	Cheese pie	Souffle with spinach	Risotto with mushrooms
	main course	Beef casserole with tomato juice and couscous	Roasted pork stake with french fries	Arrow squid (frozen) with tomato juice and pasta	Roasted chicken with lemon juice and mashed potatoes	Pasta bolognese and grated cheese	“Yuvarlakia” Spicy meat balls with egg-lemon sauce and feta cheese	Roasted lamp with baked potatoes
		Bean soup, 4-5 olives, pickles and feta cheese	Pasta with creamy sauce, mushrooms and grated cheese	Green peas casserole with tomato juice and feta cheese	“Imam” Eggplants casserole with tomato juice and feta cheese	Octopus (frozen) with tomato juice and pasta	Green beans casserole with tomato juice and feta cheese	Pasta Napoliten 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	Mousse	Fruit	Apple pie	Fruit	Profiterole	Fruit