

MENU 26.01.2026 to 01.02.2026

DAY		MONDAY 26/01/26	TUESDAY 27/01/26	WEDNESDAY 28/01/26	THURSDAY 29/01/26	FRIDAY 30/01/26	SATURDAY 31/01/26	SUNDAY 01/02/26
MEAL	first course	Pizza (jambon and cheese)	"Fava" Mashed split-peas	Risotto with mushrooms	Vegetable soup	Cheese pie	Baked zucchini with tzatziki salad	Spinach soufflé with cheese
	main course	Pasta bolognese and grated cheese	Roasted chicken with orzo pasta	Roasted gilt-head sea bream with lemon juice and baked potatoes	Burger with french fries	Arrow squid (frozen) with tomato juice and rice	Baked meatballs with tomato juice and mashed potatoes	"Yuvarlakia" Spicy meat balls with egg-lemon sauce and feta cheese
		Arrow squid (frozen) in tomato juice with rice and vegetables	"Moussakas" Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	Lentil soup, 4-5 olives, pickles and boiled egg	Pork casserole with leek and celery	Bean soup, 4-5 olives, pickles and feta cheese	Beef with tomato juice and couscous	Chicken with tomato juice and rice
		Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta cheese	Green peas casserole with tomato juice and feta cheese	Chickpeas soup with tomato juice, peppers and spearment, 4-5 olives, pickles and feta cheese	Green beans casserole with tomato juice and feta cheese	Spinach with rice and boiled egg	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta cheese	"Gemista" Tomatoes and peppers stuffed with rice, chopped vegetables and herbs baked in the oven 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	"Halvas" Greek semolina dessert with cinnamon	Fruit	Rice pudding Dessert made with milk, rice and added cinanamon	Fruit	Chocolate pie	Fruit	Profiterole

DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Spinach pie	Chicken soup with egg-lemon sauce	Potato souffle with cheese	Crêpes (jambon and cheese)	Omelette with potatoes	Meat soup	Vegetable soup
	main course	Beef with tomato juice and french fries	Roasted pork stake with mashed potatoes	Pasta Napoliten and grated cheese	Roasted chicken with orzo pasta	Pasta bolognese and grated cheese	Glaucus (frozen) with lemon juice and baked potatoes	"Pastitsio" Baked pasta with minced meat and bechamel sauce
		Pasta carbonara	"Tourlou" Mixed vegetables casserole and feta cheese	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles and feta cheese	"Imam" Eggplants casserole with tomato juice and feta cheese	Okra casserole with tomato juice and feta cheese	Pasta with vegetable sauce and grated cheese	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles 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	Fruit	Apple pie	Fruit	"Ravani" Semolina cake in sweet syrup	Fruit	Greek walnut cake with syrup	Fruit