

1st week								
DAY		MONDAY 01/04/24	TUESDAY 02/04/24	WEDNESDAY 03/04/24	THURSDAY 04/04/24	FRIDAY 05/04/24	SATURDAY 06/04/24	SUNDAY 07/04/24
MEAL	first course	Vegetable soup	“Fava” Mashed split-peas	Risotto with mushrooms	"Trachanas" Sour milky pasta soup	Baked zucchini with tzatziki salad	Cheese pie	Spinach soufflé with cheese
	main course	Pasta bolognese and grated cheese	Roasted chicken with rice	Lentils soup, 4-5 olives and pickles	Minced meat roll with french fries	Bean soup, 4-5 olives, pickles and cheese	Burger with french fries	Roasted pork stakes with mashed potatoes
		“Pastitsio” Baked pasta with minced meat and bechamel sauce	Pork casserole in lemon juice with french fries	Chickpeas soup in tomato juice with peppers, spearmint, 4-5 olives, pickles and feta cheese	Fresh fish with rice	Spinach with rice and feta cheese	Roasted chicken with rice	Roasted lamp with baked potatoes
		Barlotti beans casserole and feta cheese	Green beans casserole with potatoes and carrots, feta cheese	Okra casserole with tomato juice and onions, feta cheese	Green peas casserole with lemon juice and potatoes, feta cheese	“Imam” Eggplants casserole with tomato juice and onions, feta cheese	“Briam” Mixed vegetables casserole and feta cheese	Green peas casserole with tomato juice and potatoes, 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	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Lettuce with tomato	Lettuce with rocket or Cabbage with carrot	Cabbage with carrot or Steam broccoli	Tomatoes and cucumber or Steam cauliflower	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Steam leafy green salad
	dessert fruit	Apple pie	Fruit	“Halvas” Greek semolina dessert with cinnamon	Fruit	Donuts	Fruit	“Halvas” Greek semolina dessert with cinnamon
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Omelette with cheese	Egg lemon chicken soup	Potato souffle with cheese	Crêpes (jambon and cheese)	Pizza margherita	Omelette with potatoes	Meat soup
	main course	Pasta carbonara	“Moussakas” Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	"Tourlou" Mixed vegetables casserole and feta cheese	Roasted chicken with orzo pasta	Pasta bolognese and grated cheese	Beef in tomato juice with orzo pasta	Pasta with vegetable sauce and grated cheese
		Cuttlefish (frozen) with spinach and fennel and feta cheese	Beef in tomato juice with rice	Cannelloni with spinach and cream sauce	Arrow squid (frozen) in tomato juice with rice	Glaucus (frozen) in lemon juice with rice	Chickpeas soup with lemon juice, 4-5 olives, pickles and feta cheese	“Papoutsakia” Baked eggplants stuffed with minced meat and gratinated 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	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Lettuce with tomato	Lettuce with rocket or Cabbage with carrot	Cabbage with carrot or Steam broccoli	Tomatoes and cucumber or Steam cauliflower	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Steam leafy green salad
	dessert	Fruit	“Ravani” Semolina cake in sweet syrup	Fruit	Chocolate pie	Fruit	Greek walnut cake with syrup	Fruit

