

**MENU from 20.04.2026 to 26.04.2026**

DAY		MONDAY 20/04/26	TUESDAY 21/04/26	WEDNESDAY 22/04/26	THURSDAY 23/04/26	FRIDAY 24/04/26	SATURDAY 25/04/26	SUNDAY 26/04/26
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	Omelette with cheese	Vegetable soup
	main course	Pasta bolognese and grated cheese	Roasted chicken with orzo pasta in tomato sauce	Gilt-head sea bream in lemon sauce with rice	"Soutzoukakia" Baked spicy cumin meatballs with French fries	Lentil soup, 4-5 olives, pickles and boiled egg	Baked meatballs in tomato sauce with rice	Roasted chicken in lemon sauce with mashed potatoes
		Cuttlefish (frozen) in tomato sauce with rice	"Moussakas" Baked layers of sliced eggplants, potatoes, minced meat and bechamel sauce	Chickpea soup, 4-5 olives, pickles and feta cheese	Pork stew with leek, celery, and rice	Green pea stew with tomato sauce and feta cheese	"Gemista with minced meat" Stuffed tomatoes and peppers with rice, minced meat and herbs, and feta cheese	Roasted pork stake with French fries
		Borlotti bean stew with tomato sauce and feta cheese	"Briam" Mixed vegetable stew with tomato sauce and feta cheese	Green bean stew with tomato sauce and feta cheese	Artichokes à la "polita" Artichoke and vegetable stew with lemon sauce and feta cheese	Spinach and rice stew, and boiled egg	"Imam" Eggplant casserole with tomato sauce and feta cheese	"Tourlou" Mixed vegetable stew with tomato sauce 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 cinamon	Fruit	Rox Dough dessert with cinnamon and cocoa, soaked in syrup	Fruit	"Galaktobourekko" Greek dessert with semolina custard wrapped in phyllo, soaked in syrup	Fruit	"Baklava" Crispy phyllo layers with walnuts and spices, soaked in syrup
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Pizza margherita	Crêpes with vegetables	Creamy cheese dip	Risotto with mushrooms	Cheese pie	Potato soufflé	Risotto with vegetables
	main course	Beef in tomato sauce with couscous	Roasted pork with French fries	Arrow squid (frozen) in tomato sauce with pasta	Roasted chicken in lemon sauce with baked potatoes	Pasta Bolognese and grated cheese	Stuffed zucchini with minced meat, and feta cheese	Roasted lamp with baked potatoes
		Lentil soup, 4-5 olives, pickles and boiled egg	Pasta carbonara	"Gigantes" Greek giant beans baked with tomato sauce and herbs, 4-5 olives, pickles and feta cheese	Okra casserole with tomato sauce and feta cheese	Codfish (frozen) in lemon sauce with 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	Fruit	"Kantaifi" Baked shredded phyllo pastry filled with walnuts, soaked in syrup	Fruit	"Ravani" Semolina cake, soaked in syrup	Fruit	Greek walnut cake, soaked in syrup	Fruit	