

**2nd week**

DAY	MONDAY 20/05/24	TUESDAY 21/05/24	WEDNESDAY 22/05/24	THURSDAY 23/05/24	FRIDAY 24/05/24	SATURDAY 25/05/24	SUNDAY 26/05/24	
<b>MEAL</b>	<b>first course</b>	Omelette with potatoes and cheese	"Trachanas" Sour milky pasta soup with tomato juice	"Fava" Mashed split-peas	Vegetable soup	Spinach and feta cheese pie	Potato souffle with cheese	Baked zucchini with tzatziki salad
	<b>main course</b>	Pork meat casserole with lemon juice and rice	Roasted chicken with rice	Lentils soup, 4-5 olives and pickles	"Soutzoukakia" Baked spicy meatballs (with herbs, cumin) simmered in tomato juice with french fries	Bean soup, 4-5 olives, pickles and feta cheese	Baked meatballs in tomato juice with mashed potatoes	Beef in tomato juice with french fries
		Pasta bolognese and grated cheese	"Pastitsio" Baked pasta with minced meat and bechamel sauce	"Gigantes" Greek giant baked beans in tomato juice and herbs, 4-5 olives, pickles and feta cheese	Fresh fish with rice	Chickpeas soup, 4-5 olives, pickles and feta cheese	Roasted chicken with orzo pasta	Roasted pork stakes with rice
		Barlotti beans casserole and feta cheese	"Tourlou" Mixed vegetables casserole and feta cheese	Spinach with rice and feta cheese	Green peas casserole with tomato juice, potatoes and carrots, feta cheese	Arrow squid (frozen) with rice	Okra casserole with tomato juice and onions, feta cheese	Green beans casserole with tomato juice, potatoes and carrots, feta cheese
	<b>bread</b>	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
	<b>salad</b>	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)
<b>dessert fruit</b>	"Ravani" Semolina cake in sweet syrup	Fruit	"Halvas" Greek semolina dessert with cinnamon	Fruit	"Galaktoboureko" Greek dessert of semolina-based custard in pastry sheet	Fruit	Chocolate pie	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>DINNER</b>	<b>first course</b>	Crêpes with spinach	Meat soup	Risotto with vegetables	Omelette with mushrooms and cheese	Egg lemon chicken soup	Pizza (jambon and cheese)	Black-eyed beans salad
	<b>main course</b>	Beef in tomato juice and french fries	Pasta with creamy sauce and mushrooms and grated cheese	Octopus (frozen) in tomato juice with pasta	Roasted chicken with rice	Pasta <i>au gratin</i> with cheese	Lentils soup, 4-5 olives and pickles	Pasta carbonara
		Green peas casserole with lemon juice and potatoes, feta cheese	Green beans casserole with tomato juice, potatoes and carrots, feta cheese	Pasta napoliten and grated cheese	Beef in tomato juice and orzo pasta with vegetables	"Gemista" Tomatoes and peppers stuffed with rice chopped vegetables and herbs baked in the oven and feta cheese	Glaucus (frozen) in lemon juice with rice	Roasted lamp with baked potatoes
	<b>bread</b>	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
	<b>salad</b>	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)
<b>dessert fruit</b>	Fruit	"Kantaifi" Baked shredded phyllo pastry filled with walnuts in sweet syrup	Fruit	"Ravani" Semolina cake in sweet syrup	Fruit	Apple pie	Fruit	

