

4th_week								
DAY		MONDAY 25/03/24	TUESDAY 26/03/24	WEDNESDAY 27/03/24	THURSDAY 28/03/24	FRIDAY 29/03/24	SATURDAY 30/03/24	SUNDAY 31/03/24
MEAL	first course	"Skordalia" Garlic smoothy sauce	"Trachanas" Sour milky pasta soup with tomato juice	"Fava" Mashed split-peas	Vegetable soup	Risotto with mushrooms	Baked zucchini with tzatziki salad	Potatoes au gratin with cream and cheese
	main course	Baked codfish (frozen) with rice	Roasted chicken with orzo pasta	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 with french fries	Roasted chicken with mashed potatoes
		Pasta bolognese and grated cheese	"Pastitsio" Baked pasta with minced meat and bechamel sauce	Baked codfish (frozen) with rice	Beef in tomato juice with rice	Chickpeas soup, 4-5 olives, pickles and feta cheese	Roasted pork stakes with rice	Beef in tomato juice with orzo pasta
		Barlotti beans casserole and feta cheese	Spinach with rice and feta cheese	Green peas casserole with tomato juice, carrots and potatoes, feta cheese	"Tourlou" Mixed vegetables casserole and feta cheese	Artichokes à la "polita" Artichokes cooked with several vegetables and lemon juice, feta cheese	Green beans casserole with tomato juice, potatoes and carrots, feta cheese	Okra casserole with tomato juice and onions, 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	Rice pudding Dessert made with milk, rice and added cinamon	Fruit	"Halvas" Greek semolina dessert with cinnamon	Fruit	Donuts	Fruit	"Baklavas" Flaky pastry dough with walnuts in sweet syrup
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Crêpes (jambon and cheese)	Meat soup	Risotto with vegetables	Omelette with potatoes and cheese	Spinach and feta cheese pie	Pasta soufflé with spinach	"Skordalia" Garlic smoothy sauce
	main course	"Briam" Mixed vegetables casserole and feta cheese	Pasta with creamy sauce and mushrooms and grated cheese	Cuttlefish (frozen) with spinach and fennel, feta cheese	Roasted chicken with rice	Pasta bolognese and grated 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	"Moussakas" Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	"Gigantes" Greek giant baked beans with tomato juice and herbs, pickles, olives and feta cheese	Arrow squid (frozen) in tomato juice with rice	"Imam" Eggplants casserole with tomato juice and onions, feta cheese	Baked fresh fish with french fries
	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	Fruit	'Ravani" Semolina cake in sweet syrup	Fruit	"Kantaifi" Baked shredded phyllo pastry filled with walnuts in sweet svrup	Fruit	Apple pie	Fruit