

| DAY    |                  | MONDAY<br>30/06/25   | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------------|--|---------|-----------|----------|--------|----------|--------|
| MEAL   | first course     | Pizza<br>(jambon and cheese)                                     |         |           |          |        |          |        |
|        | main course      | Pasta bolognese<br>and grated cheese                             |         |           |          |        |          |        |
|        |                  | Beef with tomato juice and french<br>fries                       |         |           |          |        |          |        |
|        |                  | Barlotti beans casserole and feta<br>cheese                      |         |           |          |        |          |        |
|        | bread            | Choice of wheat bread or whole<br>wheat bread                    |         |           |          |        |          |        |
|        | salad            | Two types of salad<br>(you can choose one)                       |         |           |          |        |          |        |
|        | dessert<br>fruit | “Halvas”<br>Greek semolina dessert with<br>cinnamon              |         |           |          |        |          |        |
|        |                  |  |         |           |          |        |          |        |
| DAY    |                  | MONDAY   | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| DINNER | first course     | Spinach pie  |         |           |          |        |          |        |
|        | main course      | Arrow squid (frozen) in tomato juice<br>with rice and vegetables |         |           |          |        |          |        |
|        |                  | Pasta carbonara  |         |           |          |        |          |        |
|        | bread            | Choice of wheat bread or whole<br>wheat bread                    |         |           |          |        |          |        |
|        | salad            | Two types of salad<br>(you can choose one)                       |         |           |          |        |          |        |
|        | dessert          | Fruit  |         |           |          |        |          |        |
|        |                  |  |         |           |          |        |          |        |