

3rd week

DAY	MONDAY 24/06/24	TUESDAY 25/06/24	WEDNESDAY 26/06/24	THURSDAY 27/06/24	FRIDAY 28/06/24	SATURDAY 29/06/24	SUNDAY 30/06/24	
MEAL	first course	"Trachanas" Sour milky pasta soup	Vegetable soup	Pizza margherita	"Fava" Mashed split-peas	Baked zucchini with tzatziki salad	Omelette with mushrooms and cheese	Pasta souffle with cheese
	main course	Pasta bolognese and grated cheese	Roasted chicken with rice	Lentils soup, 4-5 olives and pickles	Burger with french fries	Bean soup, 4-5 olives, pickles and feta cheese	Minced meat roll with french fries	Roasted chicken with orzo pasta
		Beef in tomato juice with french fries	Roasted lamp with baked potatoes	Codfish (frozen) in mustard sauce with rice	Pork casserole in tomato juice with orzo pasta	Chickpeas soup, 4-5 olives, pickles and feta cheese	Beef in tomato juice with couscous	Roasted pork stakes with rice
		Okra casserole with tomato juice and onions, feta cheese	Green peas casserole with tomato juice and potatoes, feta cheese	Barlotti beans casserole, feta cheese	Green beans casserole with potatoes and carrots, feta cheese	"Gemista" Tomatoes and peppers stuffed with rice chopped vegetables and herbs baked in the oven and feta cheese	"Imam" Eggplants casserole with tomato juice and onions, feta cheese	Green peas casserole with lemon 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	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	"Halvas" Greek semolina dessert with cinnamon	Fruit	Rox Dough dessert with cinnamon and chocolate in sweet syrup	Fruit	Greek walnut cake with syrup	Fruit	Chocolate pie

HMEPA	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)	Cheese pie	"Skordalia" Garlic smoothy sauce	Meat soup
	main course	Pasta carbonara	Canneloni with spinach and cream sauce	"Moussakas with vegetables" Baked layers of sliced eggplants, potatoes, zucchini and bechamel sauce	Beef in tomato juice with with rice	Pasta <i>au gratin</i> with vegetables	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles and feta cheese	Pasta with vegetable sauce and grated cheese
		Spinach with rice and tomato juice, feta cheese	"Briam" Mixed vegetables casserole and feta cheese	Cuttlefish (frozen) with spinach and feta cheese	Pasta bolognese and grated cheese	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta cheese	Fresh fish in oven with lemon juice and grilled vegetables	"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 and 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	Chocolate pie	Fruit	"Ravani" Semolina cake in sweet syrup	Fruit	Apple pie	Fruit	