

4th_week

DAY	MONDAY 01/07/24	TUESDAY 02/07/24	WEDNESDAY 03/07/24	THURSDAY 04/07/24	FRIDAY 05/07/24	SATURDAY 06/07/24	SUNDAY 07/07/24	
MEAL	first course	Egg lemon chicken soup	"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	Pork meat casserole with lemon juice and 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	"Gemista" Tomatoes and peppers stuffed with rice chopped vegetables and herbs baked in the oven and 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	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 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	"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, 4-5 olives, pickles and feta cheese	Arrow squid (frozen) in tomato juice with rice	"Papoutsakia" Baked eggplants stuffed with minced meat and gratinated cheese	Roasted lamp with baked potatoes
	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	'Ravani" Semolina cake in sweet syrup	Fruit	"Kantafi" Baked shredded phyllo pastry filled with walnuts in sweet syrup	Fruit	Apple pie	Fruit	

