

1st week

DAY		MONDAY 08/07/24	TUESDAY 09/07/24	WEDNESDAY 10/07/24	THURSDAY 11/07/24	FRIDAY 12/07/24		
MEAL	first course	Vegetable soup	"Trachanas" Sour milky pasta soup	Risotto with mushrooms	"Fava" Mashed split-peas	Baked zucchini with tzatziki salad		
	main course	Pasta bolognese and grated cheese	Roasted chicken with rice	Lentils soup, 4-5 olives and pickles	Minced meat roll with french fries	Bean soup, 4-5 olives, pickles and feta cheese		
		"Pastitsio" Baked pasta with minced meat and bechamel sauce	Roasted lamp with baked potatoes	Chickpeas soup in tomato juice with peppers, spearmint, 4-5 olives, pickles and feta cheese	Fresh fish with rice	Artichokes and green peas casserole with potatoes, feta cheese		
		Barlotti beans casserole and feta cheese	Green beans casserole with potatoes and carrots, feta cheese	Artichokes and green peas casserole with lemon juice and potatoes, feta cheese	Pork casserole in lemon juice with couscous	Arrow squid (frozen) in tomato juice with rice		
	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)		
	dessert fruit	Dessert	Fruit	Dessert	Fruit	Dessert		
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
DINNER	first course	Omelette with cheese	Egg lemon chicken soup	Potato souffle with cheese	Crêpes (jambon and cheese)	Pizza margherita		
	main course	Pasta carbonara	"Moussakas" Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	"Tourlou" Mixed vegetables casserole and feta cheese	Roasted chicken with orzo pasta	Pasta bolognese and grated cheese		
		Cuttlefish (frozen) & arrow squid with spinach and fennel and feta cheese	Beef in tomato juice with rice	Canneloni with spinach and cream sauce	"Imam" Eggplants casserole with tomato juice and onions, feta cheese	Glaucus (frozen) in lemon juice with rice		
	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)		
	dessert	Fruit	Dessert	Fruit	Dessert	Fruit		