

**1st week**

DAY		MONDAY	TUESDAY	WEDNESDAY 08/01/25	THURSDAY 09/01/25	FRIDAY 10/01/25	SATURDAY 11/01/25	SUNDAY 12/01/25
<b>MEAL</b>	<b>first course</b>			Omelette with potatoes and cheese	"Fava" Mashed split-peas	Baked zucchini with tzatziki salad	Omelette with spinach	"Trachanas" Sour milky pasta soup
	<b>main course</b>			Lentils soup, 4-5 olives and pickles	Burger with french fries	Bean soup, 4-5 olives, pickles and feta cheese	Baked meatballs in tomato juice with mashed potatoes	Roasted chicken with tomato juice and rice
				Fresh fish with potato salad	Beef in tomato juice with rice	Spinach with rice	Roasted pork stake with baked potatoes	"Gemista" Tomatoes and peppers stuffed with rice, minced meat, chopped vegetables and herbs baked in the oven and feta cheese
				"Tourlou" Mixed vegetables casserole and feta cheese	Green beans casserole with tomato juice, potatoes and carrots, feta cheese	Okra casserole with tomato juice and potatoes, feta cheese	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta cheese	"Briam" Mixed vegetables casserole and feta cheese
	<b>bread</b>			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
	<b>salad</b>			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)
	<b>dessert fruit</b>			Rice pudding Dessert made with milk, rice and added cinamon	Fruit	Donuts	Fruit	Mousse
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DINNER</b>	<b>first course</b>			Cheese smoothy sauce	Crêpes (jambon and cheese)	Spinach pie	Cheese soufflé	Risotto with mushrooms
	<b>main course</b>			Cuttlefish (frozen) with spinach and fennel, feta cheese	Roasted chicken with lemon juice and mashed potatoes	Arrow squid (frozen) in tomato juice with rice	"Yuvarlakia" Spicy meat balls with egg-lemon sauce (meatballs made of meat and rice), feta cheese	Roasted lamp with baked potatoes
				Green peas casserole with tomato juice and potatoes, feta cheese	Pasta bolognese and grated cheese	"Imam" Eggplants casserole with tomato juice and onions, feta cheese	Chickpeas soup with lemon juice, 4-5 olives, pickles and feta cheese	Pasta <i>au gratin</i> with vegetables
	<b>bread</b>			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
	<b>salad</b>			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)
	<b>dessert</b>			Fruit	Chocolate pie	Fruit	Greek walnut cake with syrup	Fruit

