

**2nd week**

DAY	MONDAY 10/02/25	TUESDAY 11/02/25	WEDNESDAY 12/02/25	THURSDAY 13/02/25	FRIDAY 14/02/25	SATURDAY 15/02/25	SUNDAY 16/02/25	
<b>MEAL</b>	<b>first course</b>	Spinach pie	"Trachanas" Sour milky pasta soup with tomato juice and cheese	Omelette with mushrooms and cheese	Hummus	Baked zucchini with tzatziki salad	Omelette with cheese	Vegetable soup
	<b>main course</b>	Pasta bolognese and grated cheese	Roasted chicken with tomato juice and orzo pasta	Fresh fish with steamed vegetables	"Soutzoukakia" Baked spicy meatballs (with herbs, cumin) with french fries	Lentils soup, 4-5 olives, pickles and boiled egg	Baked meatballs with tomato juice and rice	Roasted chicken with lemon juice and mashed potatoes
		Cuttlefish (frozen) with tomato juice and rice	"Moussakas" Baked layers of sliced eggplants and potatoes, minced meat and bechamel sauce	Chickpeas soup, 4-5 olives, pickles and feta cheese	Beef in tomato juice with groats and vegetables	Green peas casserole with tomato juice and feta cheese	"Gemista with minced meat" Tomatoes and peppers stuffed with rice, minced meat, chopped vegetables and herbs baked in the oven and feta cheese	Roasted pork stake with french fries
		Barlotti beans casserole and feta cheese	"Briam" Mixed vegetables casserole and feta cheese	Green beans casserole with tomato juice and feta cheese	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice and feta chesse	Spinach with rice and boiled egg	"Imam" Eggplants casserole with tomato juice and feta cheese	"Tourlou" 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	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)	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 cinanamon	Fruit	Rox Dough dessert with cinnamon and chocolate in sweet syrup	Fruit	"Galaktobourekó" Greek dessert of semolina-based custard in pastry sheet	Fruit	"Baklavas" Flaky pastry dough with walnuts in sweet syrup

