

Menu 2018

WEEK 1 (JUNE 18-22)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Spaghetti with red sauce and meat	Chicken souvlaki with rice	Stuffed vegetables with feta cheese	Burgers with oven potatoes	Pasta bake (pastitsio)
	Green salad with sweetcorn	Tomato & cucumber salad	Cabbage & carrot salad	Tomato & cucumber salad	Greek salad with feta cheese
	Seasonal fruit	Seasonal fruit	Choco mousse	Fruit salad	Seasonal fruit

WEEK 2 (JUNE 25-29)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Pork souvlaki with rice	Hamburger with cheese, lettuce & tomato	Fish-sticks with sauteed potatoes, green beans, steamed carrots & mayonnaise sauce	Roast chicken & potatoes	Spaghetti with carbonara sauce
	Greek salad with feta cheese	Potato salad	Tomato & cucumber salad	Cabbage & carrot salad	Tomato & cucumber salad
	Seasonal fruit	Fruit salad	Seasonal fruit	Seasonal fruit	Choco mousse

WEEK 3 (JULY 2-6)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Burgers with oven potatoes	Roast chicken with rice	Pasta with tomato sauce	Roast pork loin with mashed potatoes	Pizza with ham, cheese, tomato & peppers
	Tomato & cucumber salad	Green salad with sweetcorn	Cabbage & carrot salad	Greek salad with feta cheese	Caesar's salad
	Seasonal fruit	Fruit salad	Seasonal fruit	Seasonal fruit	Milk chocolate mousse

WEEK 4 (JULY 9-13)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Chicken souvlaki with rice	Hamburger with cheese, lettuce & tomato	Pasta with tomato sauce	Roast tenderloin & potatoes	Stuffed vegetables with feta cheese
	Tomato & cucumber salad	Potato salad	Green salad with sweetcorn	Tomato & cucumber salad	Cabbage & carrot salad
	Seasonal fruit	Fruit salad	Seasonal fruit	Seasonal fruit	Choco mousse

WEEK 5 (JULY 16-20)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Pork souvlaki with rice	Pizza with ham, cheese, tomato & peppers	Fish-sticks with sauteed potatoes, green beans, steamed carrots & mayonnaise sauce	Roast chicken & potatoes	Pasta bake (pastitsio)
	Greek salad with feta cheese	Green salad with sweetcorn	Tomato & cucumber salad	Cabbage & carrot salad	Greek salad with feta cheese
	Seasonal fruit	Seasonal fruit	Fruit salad	Seasonal fruit	Milk chocolate mousse

* Fruit juice every day at 10:30

* Ice cream every Tuesday and Thursday at 14:50 (Afternoon break)

* Sandwich every Monday, Wednesday and Friday at 14:50 (Afternoon break)