

Menu 2019

WEEK 1 (JUNE 17-21)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Spaghetti with red sauce and meat & extra grated cheese	Chicken souvlaki with rice & extra tomato sauce	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
	Fruit salad	Watermelon	Choco mousse	Fruit salad	Strawberries
WEEK 2 (JUNE 24-28)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Pork souvlaki with rice & extra tomato sauce	Hamburger (cheese, lettuce & tomato) with oven potatoes	Fish-sticks with sauteed potatoes, green beans, steamed carrots & mayonnaise sauce	Roast chicken & mashed potatoes	Spaghetti with carbonara sauce and extra grated cheese
	Greek salad with feta cheese	Cesar's salad	Tomato & cucumber salad	Cabbage & carrot salad	Tomato & cucumber salad
	Banana	Fruit salad	Melon	Fruit salad	Choco mousse
WEEK 3 (JULY 1-5)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Burgers with oven potatoes	Roast chicken with rice & extra tomato sauce	Spaghetti with tomato sauce & extra grated cheese	Roast pork loin with mashed potatoes	Pizza with ham, cheese & tomato sauce
	Tomato & cucumber salad	Green salad with sweetcorn	Cabbage & carrot salad	Greek salad with feta cheese	Caesar's salad
	Watermelon	Fruit salad	Melon	Fruit salad	Milk chocolate mousse
WEEK 4 (JULY 8-12)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Chicken souvlaki with rice & extra tomato sauce	Hamburger (cheese, lettuce & tomato) with oven potatoes	Penne pasta with tomato sauce & extra grated cheese	Roast tenderloin with mashed potatoes	Stuffed vegetables with feta cheese
	Tomato & cucumber salad	Cesar's salad	Green salad with sweetcorn	Tomato & cucumber salad	Cabbage & carrot salad
	Strawberries	Fruit salad	Banana	Fruit salad	Choco mousse
WEEK 5 (JULY 15-19)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12:45	Pork souvlaki with rice & extra tomato sauce	Pizza with ham, cheese & tomato sauce	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
	Fruit salad	Watermelon	Fruit salad	Melon	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)					