

ALL MEALS INCLUDE ONE BREAD (30GR.) PER PERSON. (PROTEINS: 2,60GR., FATS: 0,90GR., CARBOHYDRATES: 15GR., ENERGY: 121,70 KCAL



MEASUREMENTS ARE DONE BASED ON THE "INTERNATIONAL RECOMMENDATIONS FOR THE NECESSARY CALORIE INTAKE, MACRONUTRIENTS AND MICRONUTRIENTS IN CHILDHOOD".

ALTERNATIVE MENU	NOVEMBER 2021
Date	Meal
<b>MONDAY 1/11</b>	Minced beef meatballs Butter rice Season salad
<b>TUESDAY 2/11</b>	Roast pork roll Baked potatoes Season salad
<b>WEDNESDAY 3/11</b>	Roast chicken breast fillet with lemon and oregano Pasta "little thimbles" Season salad
<b>THURSDAY 4/11</b>	Traditional "moussaka" Season salad
<b>FRIDAY 5/11</b>	Fish fillet bites Couscous Season salad
<b>MONDAY 08/11</b>	Pasta "quills" au gratin with chicken, smoked boneless turkey and "graviera" cheese Season salad
<b>TUESDAY 09/11</b>	Braised veal with tomato sauce Orzo Season salad
<b>WEDNESDAY 10/11</b>	Fish fillet Couscous Season salad
<b>THURSDAY 11/11</b>	Mini soft pork "souvlakia" Butter rice Season salad
<b>FRIDAY 12/11</b>	Minced beef meatballs French-fried potatoes Season salad
<b>MONDAY 15/11</b>	Mini pork schnitzels Pasta "shells" Season salad
<b>TUESDAY 16/11</b>	Roast chicken breast fillet with lemon and oregano Baked potatoes Season salad
<b>WEDNESDAY 17/11</b>	"Pastitsio" with minced beef and bechamel sauce Season salad
<b>THURSDAY 18/11</b>	Braised veal with tomato sauce Butter rice Season salad

<b>FRIDAY 19/11</b>	Pasta "spaghetti" with minced beef and tomato sauce Season salad
<b>MONDAY 22/11</b>	Fish fillet bites Couscous Season salad
<b>TUESDAY 23/11</b>	Mini roast minced beef patties French-fried potatoes Season salad
<b>WEDNESDAY 24/11</b>	Mini soft chicken "souvlakia" Pasta "twists" Season salad
<b>THURSDAY 25/11</b>	Roast pork roll Butter rice Season salad
<b>FRIDAY 26/11</b>	Roast chicken breast fillet with lemon and oregano Pasta "little thimbles" Season salad
<b>MONDAY 29/11</b>	Breaded chicken breast bites with butter rice Season salad
<b>TUESDAY 30/11</b>	Braised veal with tomato sauce Pasta "shells" Season salad



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