

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".

Date	Meal
2021	MEDITERRANEAN MENU NOVEMBER 2021
MONDAY 1/11	Minced beef meatballs Butter rice Season salad
TUESDAY 2/11	Braised veal with tomato sauce Pasta "little thimbles" Season salad
WEDNESDAY 3/11	Oily green beans Feta cheese
THURSDAY 4/11	Traditional "moussaka" Season salad
FRIDAY 5/11	Lentil soup Season salad
MONDAY 08/11	Pasta "quills" au gratin with chicken, smoked boneless turkey and "graviera" cheese Season salad
TUESDAY 09/11	Fish fillet Couscous Season salad
WEDNESDAY 10/11	Potatoes with tomato sauce Feta cheese
THURSDAY 11/11	Chicken soup with pasta "stars" Season salad
FRIDAY 12/11	Oily peas Feta cheese
MONDAY 15/11	Mini pork schnitzels Pasta "shells" Season salad
TUESDAY 16/11	Roast chicken breast fillet with lemon and oregano Baked potatoes Season salad
WEDNESDAY 17/11	Spinach with rice Season salad
THURSDAY 18/11	Braised veal with tomato sauce Mashed potatoes Season salad

FRIDAY 19/11	Pasta "spaghetti" with tomato sauce and "graviera" cheeses Season salad
MONDAY 22/11	Fish fillet bites Couscous Season salad
TUESDAY 23/11	Minced beef meatballs - Smyrna recipe Pasta "little thimbles" Season salad
WEDNESDAY 24/11	Tomatoes and peppers stuffed with rice and fresh aromatic herbs and fresh aromatic with Feta cheese
THURSDAY 25/11	Mini soft chicken "souvlakia" Baked potatoes Season salad
FRIDAY 26/11	Leek with rice Feta cheese
MONDAY 29/11	Breaded chicken breast bites Rice with grated carrot and colorful bell peppers and Season salad
THURSDAY 30/11	Braised veal with tomato sauce Pasta "little thimbles" Season salad



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