

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	ALTERNATIVE MENU DECEMBER 2021
Wednesday 01/12	Mini minced beef patties French-fried potatoes Season salad
Thursday 02/12	Fish fillet Couscous Season salad
Friday 03/12	Pork chops without bone Butter rice Season salad
Monday 06/12	Minced beef meatballs French-fried potatoes Season salad
Tuesday 07/12	Roast pork roll Pasta "twists" Season salad
Wednesday 08/12	Mini soft chicken "souvlakia" Baked potatoes Season salad
Thursday 09/12	"Pastitsio" with minced beef and bechamel sauce Season salad
Friday 10/12	Breaded chicken breast fillet bites Couscous Season salad
Monday 13/12	Fish fillet bites Butter rice Season salad
Tuesday 14/12	Mini soft pork "souvlakia" Baked potatoes Season salad
Wednesday 15/12	Braised veal with tomato sauce with orzo Season salad
Thursday 16/12	Roast chicken breast fillet with lemon and oregano Rice with grated carrot and colorful bell peppers Season salad
Friday 17/12	Pasta "spaghetti" with minced beef and tomato sauce Season salad

Monday 20/12	Mini pork schnitzels Couscous Season salad
Tuesday 21/12	Braised veal with tomato sauce Pasta " little thimbles " Season salad
Wednesday 22/12	Mini minced beef patties Baked potatoes Season salad
Thursday 23/12	Turkey fillet Butter rice with vegetables Season salad
Friday 24/12	Holiday [Christma's Eve]
Monday 27/12	Breaded chicken breast fillet bites Pasta "little thimbles" Season salad
Tuesday 28/12	Pork with lemon and oregano Mushed potatoes Season salad
Wednesday 29/12	Fish fillet bites Butter rice Season salad
Thursday 30/12	Minced beef meatballs French-fried potatoes Season salad
Friday 31/12	Holiday [New Year's Eve]



Στρατηγού Μακρυγιάννη 41
57001 - Θέρμη
Θεσσαλονίκη, Ελλάδα
Τηλ/Fax: +302310465570
Κιν: +306944914866
e-mail: info@elenasgourmet.gr
κ. Γεωργιζίκη Έλενα

