

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".

<b>JANUARY 2022 - MEDITERRANEAN MENU</b>	
<b>MONDAY 3/1/2022</b>	Minced beef meatballs Butter rice Season salad
<b>TUESDAY 4/1/2022</b>	Chicken soup with pasta "stars" Season salad
<b>WEDNESDAY 5/1/2022</b>	Oily peas Feta cheese
<b>THURSDAY 6/1/2022</b>	<b>GREEK HOLIDAY</b>
<b>FRIDAY 7/1/2022</b>	Lentil soup Season salad
<b>MONDAY 10/1/2022</b>	Fish fillet bites Pasta "little thimbles" Season salad
<b>TUESDAY 11/1/2022</b>	Roast chicken roll Baked potatoes Season salad
<b>WEDNESDAY 12/1/22</b>	Bean soup Feta cheese
<b>THURSDAY 13/1/2022</b>	Meatball soup "giouvarlakia" Season salad
<b>FRIDAY 14/1/2022</b>	Pasta "tortellini" with tomato sauce Season salad
<b>MONDAY 17/1/2022</b>	"Pastitsio" with minced beef and bechamel sauce Season salad
<b>TUESDAY 18/1/2022</b>	Braised veal with tomato sauce Mashed potatoes Season salad
<b>WEDNESDAY 19/1/22</b>	Leek with rice Feta cheese
<b>THURSDAY 20/1/2022</b>	Pork with lemon and oregano Pasta "little thimbles" Season salad
<b>FRIDAY 21/1/2022</b>	Oily green beans Feta cheese

<b>MONDAY 24/1/2022</b>	Mini pork schnitzels Couscous Season salad
<b>TUESDAY 25/1/2022</b>	Tomatoes and peppers stuffed with minced beef and rice Season salad
<b>WEDNESDAY 26/1/22</b>	Lentil soup Season salad
<b>THURSDAY 27/1/2022</b>	Fish fillet bites Rice with grated carrot and colorful bell peppers Season salad
<b>FRIDAY 28/1/2022</b>	Pasta "spaghetti" with tomato sauce and "graviera" cheeses Season salad
<b>MONDAY 31/1/2022</b>	Breaded chicken breast bites Butter rice Season salad



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