

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>Date</b>	<b>MARCH ALTERNATIVE MENU 2022 Meal</b>
<b>Tuesday 01/03</b>	Mini pork schnitzels Butter rice Season salad
<b>Wednesday 02/03</b>	Mini soft chicken "souvlakia" Baked potatoes Season salad
<b>Thursday 03/03</b>	"Pastitsio" with minced beef and bechamel sauce Season salad
<b>Friday 04/03</b>	Fish fillet bites Couscous Season salad
<b>Monday 07/03</b>	<b>GREEK HOLIDAY</b>
<b>Tuesday 08/03</b>	Breaded chicken breast fillet bites Pasta "littlet himbles" Season salad
<b>Wednesday 09/03</b>	Pork roll in the oven , sliced Baked potatoes Season salad
<b>Thursday 10/03</b>	Burger with cheddar, tomatoe and ketchup French fries Season salad
<b>Friday 11/03</b>	Braised veal with tomato sauce Orzo Season salad
<b>Monday 14/03</b>	Minced beef meatballs Butter rice Season salad
<b>Tuesday 15/03</b>	Mini pork schnitzels Couscous Season salad
<b>Wednesday 16/03</b>	Braised veal with tomato sauce Pasta "twists" Season salad
<b>Thursday 17/03</b>	Chicken breast fillet with lemon and oregano Baked potatoes Season salad

<b>Friday</b> <b>18/03</b>	Fish fillet bites with butter rice Season salad
<b>Monday</b> <b>21/03</b>	Minced beef mea tballs French fries Season salad
<b>Tuesday</b> <b>22/03</b>	Mini soft pork "souvlakia " With couscous Season salad
<b>Wednesday</b> <b>23/03</b>	Pasta "quills " au gratin with chicken, smoked turkey and "graviera" cheese Season salad
<b>Thursday</b> <b>24/03</b>	Traditional –moussaka- with minced Beef ,eggplant ,potatoes and light béchamel Season salad
<b>Friday</b> <b>25/03</b>	<b>GREEK HOLIDAY</b>
<b>Monday</b> <b>28/03</b>	Breaded chicken breast fillet bites Butter rice Season salad
<b>Tuesday</b> <b>29/03</b>	Pork steak without bone couscous Season salad

