

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".

MARCH MEDITERRANEAN MENU 2022	
Date	Meal
Tuesday 01/03	Mini pork schnitzels Butter rice Season salad
Wednesday 02/03	Vegetables "briam" Feta cheese
Thursday 03/03	"Pastitsio" with minced beef and bechamel sauce Season salad
Friday 04/03	Oily green beans Feta cheese
Monday 07/03	GREEK HOLIDAY
Tuesday 08/03	Breaded chicken breast fillets bites Pasta little thimbles Season salad
Wednesday 09/03	Bean soup Feta cheese
Thursday 10/03	Pasta "spaghetti" with minced beef and tomato sauce Seasonsalad
Friday 11/03	Tomatoes and peppers stuffed with rice ,herbs and tomato sauce Feta cheese
Monday 14/03	Minced beef meat balls Butter rice Season salad
Tuesday 15/03	Pork bites with lemon and oregano Mashed potatoes Season salad
Wednesday 16/03	Pasta "tortellini" with tomato sauce and parmezana Season salad
Thursday 17/03	Roast chicken breast fillet with lemon and oregano Baked potatoes Season salad
Friday 18/03	Lentil soup Season salad
Monday 21/03	Minced beef meat balls Rice with grated carrot and colorful bell peppers

	Season salad
Tuesday 22/03	Fish fillet bites Couscous Season salad
Wednesday 23/03	Oily peas Feta cheese
Thursday 24/03	Chicken soup Season salad
Friday 25/03	Holiday [March 25th]
Monday 28/03	Breaded chicken breast fillet bites Butter rice Season salad
Tuesday 29/03	Pork steak without bone couscous Season salad
Wednesday 30/03	Potatoes with tomato sauce and herbs Feta cheese
Thursday 31/03	Roast minced beef patties pasta little thimbles Season salad



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