

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	APRIL ALTERNATIVE MENU 2022 Meal
<b>Monday</b> <b>04/04</b>	Minced beef meatballs Rice with grated carrot and colorful Season salad
<b>Tuesday</b> <b>05/04</b>	Braised veal with tomato sauce Pasta "twists" Season salad
<b>Wednesday</b> <b>06/04</b>	Mini soft chicken "souvlakia " Frenchpotatoes Seasonsalad
<b>Thursday</b> <b>07/04</b>	Fishfillet Pasta "littlehimbles" Season salad
<b>Friday</b> <b>08/04</b>	Pasta "spaghetti" with minced beef and tomato sauce Season salad
<b>Monday</b> <b>11/04</b>	Mini soft chicken " souvlakia " Couscous Seasonsalad
<b>Tuesday</b> <b>12/04</b>	Pork chops without bone Rice with grated carrot and colorful bell peppers Season salad
<b>Wednesday</b> <b>13/04</b>	"Pastitsio" with minced beef and bechamel sauce Seasonsalad
<b>Thursday</b> <b>14/04</b>	Braised veal with tomato sauce with orzo Season salad
<b>Friday</b> <b>15/04</b>	Cheese berger with French-fried potatoes Season salad
<b>Great Monday</b> <b>18/04</b>	Breaded chicken breast fillet bites French –fried potatoes Season salad

<b>Great Tuesday</b> <b>19/04</b>	Mini pork schnitzels Butter rice Season salad
<b>Great Wednesday</b> <b>20/04</b>	Fish fillet bites Couscous Season salad
<b>Great Thursday</b> <b>21/04</b>	Minced beef meatballs Butter rice Season salad
<b>Great Friday</b> <b>22/04</b>	<b>CLOSED</b>
<b>Monday</b> <b>25/04</b>	<b>CLOSED</b>
<b>Tuesday</b> <b>26/04</b>	Breaded chicken breast fillet bites French –fried potatoes Season salad
<b>Wednesday</b> <b>27/04</b>	Mini pork schnitzels Butter rice Seasonsalad
<b>Thursday</b> <b>28/04</b>	Chicken breast fillet with lemon and oregano Baked potatoes Season salad
<b>Friday</b> <b>29/04</b>	Tomatoes and peppers stuffed with minced meat, rice, herbs and tomatoe sauce feta cheese



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