

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".

JUNE MEDITERANNEAN MENU 2022	
Date	Meal
Wednesday 01/06	Vegetables "briam" Feta cheese
Thursday 02/06	"Pastitsio" with minced beef and bechamel sauce Season salad
Friday 03/06	Oily peas Feta cheese
Monday 06/06	Minced beef meatballs Pasta " shells " and season salad
Tuesday 07/06	Mini soft pork "souvlakia" Butter rice Season salad
Wednesday 08/06	Baked potatoes with lemon and oregano Feta cheese Season salad
Thursday 09/06	Roast chicken roll Pasta "little thimbles" Season salad
Friday 10/06	Lentil soup Season salad
Monday 13/06	HOLIDAY
Tuesday 14/06	Breaded chicken breast fillet bites Pasta "little thimbles" Season salad
Wednesday 15/06	Oily okras Feta cheese
Thursday 16/06	Tomatoes and peppers stuffed with minced beef , rice and fresh aromatic herbs Season salad
Friday 17/06	Leeks with rice Feta cheese
Monday 20/06	Mini pork schnitzels Couscous Season salad
Tuesday 21/06	Fish fillet bites fried Butter rice Season salad

Thursday 23/06	Braised veal with tomato sauce Pasta "twists" Season salad
Friday 24/06	Oily green beans Feta cheese
Monday 27/06	Breaded chicken breast fillet bites Pasta "little thimbles" Season salad
Tuesday 28/06	Mini soft pork " souvlakia " Butter rice Season salad
Wednesday 29/06	Barley with fresh vegetables and tomatoe sauce Feta cheese
Thursday 30/06	Roast minced beef patties French fries potatoes Season salad



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