

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".

SEPTEMBER ALTERNATIVE MENU 2022	
Date	Meal
Monday 12/09	Fried fish filet with butter rice Season salad
Tuesday 13/09	" Pastitsio " with minced beef and bechamel Season salad
Wednesday 14/09	Roast chicken roll Couscous Season salad
Thursday 15/09	Mini pork schnitzels with baked potatoes Season salad
Friday 16/09	Pasta "spaghetti" with minced beef and tomato sauce Season salad
Monday 19/09	Pasta "quills" au gratin with chicken, smoked turkey and "graviera" cheese Season salad
Tuesday 20/09	Braised veal with tomato sauce With orzo Season salad
Wednesday 21/09	Mini roasted minced beef patties French-fried potatoes Season salad
Thursday 22/09	Roasted chicken breast filet with lemon and oregano Baked potatoes Season salad
Friday 23/09	Mini soft pork "souvlakia" Rice with grated carrot and colorful bell peppers Season salad
Monday 26/09	Minced beef meatballs Couscous Season salad
Tuesday 27/09	Breaded chicken breast filet bites Rice with grated carrot and colorful bell peppers Season salad
Wednesday 28/09	Pasta" spaghetti" with minced beef and tomato sauce Season salad
Thursday 29/09	Pork chops without bone Baked potatoes

Season salad

Friday
30/09

Braised veal with tomato sauce
With butter rice
Season salad



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