

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".

NOVEMBER ALTERNATIVE MENU 2022	
Date	Meal
Tuesday 01/11	Roasted pork roll Baked potatoes Season salad
Wednesday 02/11	Roasted chicken breast filet with lemon and oregano Pasta "little thimbles" Season salad
Thursday 03/11	Traditional "moussaka" Season salad
Friday 04/11	Fish filet bites Couscous Season salad
Monday 07/11	Pasta "quills" au gratin with chicken, smoked turkey and "graviera" cheese Season salad
Tuesday 08/11	Braised veal with tomato sauce Orzo Season salad
Wednesday 09/11	Fish filet Couscous Season salad
Thursday 10/11	Mini soft pork "souvlakia" (kebabs) Butter rice Season salad
Friday 11/11	Cheeseburger Frenchfries Season salad
Monday 14/11	Mini pork schnitzels Pasta "shells" Season salad
Tuesday 15/11	Roasted chicken breast filet with lemon and oregano Baked potatoes Season salad
Wednesday 16/11	"Pastitsio" with minced beef and bechamel sauce Season salad
Thursday 17/11	Braised veal with tomato sauce Butter rice Season salad
Friday 18/11	Pasta "spaghetti" with minced beef and tomato sauce

	Season salad
Monday 21/11	Fish filet bites Couscous Season salad
Tuesday 22/11	Minced beef meatballs Frenchfries Season salad
Wednesday 23/11	Mini soft chicken "souvlakia" (kebabs) Pasta "twists" Season salad
Thursday 24/11	Roasted pork roll Butter rice Season salad
Friday 25/11	Roasted chicken breast filet with lemon and oregano Pasta "little thimbles" Season salad
Monday 28/11	Minced beef meatballs Butter rice Season salad
Tuesday 29/11	Mini soft pork "souvlakia" (kebabs) Couscous Season salad
Wednesday 30/11	Braised veal with tomato sauce Orzo Season salad



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