

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".

ALTERNATIVE MENU FEBRUARY 2023	
Date	Meal
WEDNESDAY 1/2/23	Traditional "moussaka" Feta cheese
THURSDAY 2/2/2023	Breaded chicken breast bites Pasta "little thimbles" Season salad
FRIDAY 3 /2/2023	Pasta "spaghetti" with minced beef and tomato sauce Seasons salad
MONDAY 6/2/2023	Minced beef meatballs Couscous Season salad
TUESDAY 7/2/202	Braised veal with tomato sauce Butter rice Season salad
WEDNESDAY 8/2/23	Mini tender from pork "souvlakia" Pasta "little thimbles" Season salad
THURSDAY 09/2/2023	Roast chicken roll Baked potatoes Season salad
FRIDAY 10/2/2023	"Pastitsio" with minced beef and bechamel sauce Season salad
MONDAY 13/2/2023	Breaded chicken breast bites Butter rice Season salad
TUESDAY 14/2/2023	Fish fillet bites Couscous Season salad
WEDNESDAY 15/2/23	Roast chicken breast fillet with lemon and oregano Baked potatoes Season salad
THURSDAY 16/2/2023	Cheeseburger With French-fries Season salad
FRIDAY 17/2/2023	Tender chicken "souvlakia" Rice with grated carrot and colorful bell peppers Season salad
MONDAY 20/2/2023	"Giros" from pork French-fries Season salad

TUESDAY 21/2/2023	Mini " souvlakia " from chicken Butter rice Season salad
WEDNESDAY 22/2/23	Pasta "spaghetti" with minced beef and tomato sauce Season salad
THURSDAY 23/2/2023	Braised veal with tomato sauce Butter rice Season salad
FRIDAY 24/2/2023	Minced beef meatballs Couscous Season salad
MONDAY 27/2/2023	Fish fillet bites Rice with grated carrot and colorful bell peppers Season salad
TUESDAY 28/2/23	Sausages with French-fries and coleslaw salad



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