

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	Meal
ALTERNATIVE MENU JUNE 2023	
Thursday 01/06	"Pastitsio" with minced beef and bechamel sauce Season salad
Friday 02/06	Gyros from pork French fries Season salad
Monday 05/06	Public Holiday
Tuesday 06/06	Mini soft pork "souvlakia" Butter rice Season salad
Wednesday 07/06	Sausages French fries Season salad
Thursday 08/06	Breaded chicken breast fillet bites Pasta "little thimbles" Season salad
Friday 09/06	Braised veal with tomato sauce Butter rice Season salad
Monday 12/06	Minced beef meatballs Pasta "shells" Season salad
Tuesday 13/06	Breaded chicken breast fillet bites French fries Season salad
Wednesday 14/06	Mini pork schnitzels Butter rice Season salad
Thursday 15/06	Mini minced beef patties French fries Season salad
Friday 16/06	Mini soft chicken souvlakia with cous-cous Season salad
Monday 19/06	Breaded chicken breast fillet bites Butter rice Season salad

Tuesday 20/06	Cheeseburger French fries Season salad
Wednesday 21/06	Mini pork schnitzels Pasta "little thimbles" Season salad
Thursday 22/06	Braised veal with tomato sauce Orzo Season salad



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