

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".

MEDITERRANEAN MENU SEP 2023	
Date	Meal
Monday 04/09	Breaded chicken breast fillet, rice with grated catts and colorful bells peppers, and salad
Tuesday 05/09	Tender " green souvlakia " from pork spaghetti shells and salad
Wednesday 06/09	Bakes potatoes with olive oil and origano with feta cheese
Thursday 07/09	Minced beef meatballs with french fries and salad
Friday 08/09	vegetables " briam " with tomatoe sauce , herbs and feta cheese
Monday 11/09	Fish fillet bites with cous-cous and season salad
Tuesday 12/09	' Patitsio "with minced beef and bechamel sauce with salad
Wednesday 13/09	Spinach with rice and fresh aromatic herbs with salad
Thursday 14/09	Mini pork schnitzels with french fries and salad
Friday 15/09	Pasta " spaghetti "tomato sauce, and grated yellow cheeses with salad
Monday 18/09	Pasta " quills " au gratin with chicken ,smoked turkey and " graviera" cheeses with salad
Tuesday 19/09	Zucchini stuffed with ground beef, rice and spices with salad
Wednesday 20/09	Oily green beans with feta chese
Thursday 21/09	Roasted chicken breast fillet with lemon an oregano , baked potatoes and salad
Friday 22/09	Tomatoes and peppers stuffed with rice and fresh aromatic herbs with feta cheese
Monday 25/09	Minced beef meatballs, cous- cous and season salad
Thursday 26/09	Breaded chicken breast fillet bites, rice with grated carrot and colorful bell peppers
Wednesday 27/09	Orzo with vegetables , herbs and tomato sauce with salad

Thursday
28/09

Tender "greek souvlakia " from pork,spaghetti shells and salad

Friday
29/09

Lentil soup with salad



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