

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	ALTERNATIVE MENU OCTOBER 2023 Meal
Monday 02/10	Breaded chicken breast fillet bites Butter rice Season salad
Tuesday 03/10	Tender "Greek souvlakia" from pork Pasta "shells" Season salad
Wednesday 04/10	Mini roasted minced beef patties French-fries Season salad
Thursday 05/10	Mini pork schnitzels Pasta "little thimbles" Season salad
Friday 06/10	Braised veal with tomato sauce Orzo and Season salad
Monday 09/10	Spaghetti with minced beef and tomato sauce Season salad
Tuesday 10/10	Roasted chicken breast fillet with lemon and oregano Baked potatoes Season salad
Wednesday 11/10	Braised veal with tomato sauce Orzo Season salad
Thursday 12/10	Fish Fillet bites Butter rice Season salad
Friday 13/10	Mini soft chicken "souvlakia" Couscous Season salad
Monday 16/10	Greek pork gyros Pasta "little thimbles" Season salad

Tuesday 17/10	Cheeseburger French fries Season salad
Wednesday 18/10	Mini pork schnitzels Rice with grated carrot and colorful bell peppers Season salad
Thursday 19/10	Minced beef meatballs Baked potatoes Season salad
Friday 20/10	Breaded chicken breast fillet bites Butter rice Season salad
Monday 23/10	Mini soft pork "souvlakia" Butter rice season salad
Tuesday 24/10	Pasta spaghetti with minced beef and Tomato sauce Season salad
Wednesday 25/10	Sausages with ketchup and mustard French fries Season salad
Thursday 26/10	GREEK HOLIDAY
Friday 27/10	Greek chicken "gyros" with butter rice Season salad
Monday 30/10	Breaded chicken breast fillet bites with rice Season salad
Tuesday 31/10	Cheeseburger French fries Season salad



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