

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 DEC 2023	
Date	Meal
Friday 01/12	Orzo with vegetables, tomato sauce, and season salad
Monday 04/12	Breaded chicken breast fillet bites, butter rice and season salad
Tuesday 05/12	Beef meat soup with potatoes, onions, celery, lemon and salad
Wednesday 06/12	Baked beans with tomato, carrots, celery and feta cheese
Thursday 07/12	Fish fillet bites with cous-cous and salad
Friday 08/12	Oily peas with feta cheese
Monday 11/12	Minced beef meatballs, mashed potatoes and season salad
Tuesday 12/12	Roasted pork roll Pasta "twists" season salad
Wednesday 13/12	Spinach with rice and herbs with season salad
Thursday 14/12	Spaghetti with minced meat, tomato sauce and salad
Friday 15/12	Baked vegetables "briam" with tomato sauce and feta cheese
Monday 18/12	Mini pork schnitzels ,with butter rise and salad
Tuesday 19/12	Mini tender chicken "souvlakia", baked potatoes and salad
Wednesday 20/12	Lentil soup with season salad
Thursday 21/12	Braised veal with tomato sauce ,orzo and season salad

Friday 22/12	Oily green beans with feta cheese
Monday 25/12	HOLIDAY
Tuesday 26/12	HOLIDAY
Wednesday 27/12	Pasta fusilli with tomato sauce, graviera cheese and salad
Thursday 28/12	Fish fillet bites with butter rice and salad
Friday 29/12	Baked potatoes with olive oil, lemon ,oregano and feta cheese



Στρατηγού Μακρυγιάννη 41
57001 - Θέρμη
Θεσσαλονίκη, Ελλάδα
Τηλ/Fax: +302310465570
Κτιν: +306944914866
e-mail: info@elenasgourmet.gr
κ. Γεωργιζίκη Έλενα

