

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	MEDITERRANEAN MENU APRIL 2024 Meal
Monday 01/04	Breaded chicken breast fillet bites With pasta Season salad
Tuesday 02/04	Small tender " souvlakia " from pork Baked potatoes Season salad
Wednesday 03/04	Tomatoes and peppers stuffed with rice and fresh aromatic herbs Feta cheese
Thursday 04/04	Braised veal with tomato sauce Orzo Season salad
Friday 05/04	Oily green beans Feta cheese
Monday 08/04	Mini pork schnitzels Butter rice Season salad
Tuesday 09/04	Fish fillet bites Couscous Season salad
Wednesday 10/04	Lentil soup Season salad
Thursday 11/04	Pasta "spaghetti" with minced beef and tomato sauce Season salad
Friday 12/04	Oily okras Feta cheese
Monday 15/04	Minced beef meatballs Couscous Season salad
Tuesday 16/04	Braised veal with tomato sauce Butter rice Season salad

Wednesday 17/04	Oily peas Feta cheese
Thursday 18/04	Roast chicken breast fillet with lemon and oregano Baked potatoes Season salad
Friday 19/04	Spinach with rice Season salad
Monday 22/04	Breaded chicken breast fillet bites Rice with grated carrot and colorful bell peppers Season salad
Tuesday 23/04	Fish fillet bites Couscous Season salad
Wednesday 24/04	Pasta "tortellini" with tomato sauce Season salad
Thursday 25/04	"Pastitsio" with minced beef and bechamel sauce Season salad
Friday 26/04	Baked beans with tomatoe sauce and herbs Feta cheese
Great Monday 29/04	Spaghetti with tomato sauce season salad
Great Tuesday 30/04	Oily peas season salad



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