

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".

ALTERNATIVE MENU MAY 2024	
Date	Meal
Great Wednesday 01/05	Fish fillet bites Pasta "little thimbles" Season salad
Great Thursday 02/08	Sausages with French fries potatoes Season salad
Great Friday 03/05	CLOSED
Monday 06/05	HOLIDAY-CLOSED
Tuesday 07/05	CLOSED
Wednesday 08/05	Breaded chicken breast fillet bites French fries potatoes Season salad
Thursday 09/05	Mini soft pork "souvlakia" (kebabs) Butter rice Season salad
Friday 10/05	Spaghetti with minced beef and tomato sauce Season salad
Monday 13/05	Mini pork schnitzels Pasta "shells" Season salad
Tuesday 14/05	Roasted chicken breast filet with lemon and oregano Butter rice Season salad
Wednesday 15/05	minced beef meatballs with French fries potatoes Season salad
Thursday 16/05	Fish fillet bites With cous-cous Season salad
Friday 17/05	Pasta "spaghetti" with minced beef and tomato sauce Season salad
Monday 20/05	Breaded chicken breast fillet bites Butter rice Season salad

Tuesday 21/05	Beef patties French fries potatoes Season salad
Wednesday 22/05	Mini soft chicken "souvlakia" (kebabs) Pasta "twists" Season salad
Thursday 23/05	Cheese burger French fries potatoes Season salad
Friday 24/05	Roasted chicken breast filet with lemon and oregano Pasta "little thimbles" Season salad
Monday 27/05	Minced beef meatballs Butter rice Season salad
Tuesday 28/05	Mini soft pork "souvlakia" (kebabs) Couscous Season salad
Wednesday 29/05	Braised veal with tomato sauce with barley Season salad
Thursday 30/05	spaghetti with minced beef and tomato sauce spaghetti with minced beef and tomato sauce
Friday 31/05	Breaded chicken breast fillet bites French fries potatoes season salad



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