MEAL MENU SEPTEMBER 2025

BREAKFAST: 7.30-9.30 LUNCH: 11.30-15.00 DINNER: 18.00-21.00

WEEK 1 1 2 3 4 5 6 7

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	First course	Couscous	Chicken soup	Mixed Peas stew	Vegetable	Bacon Risotto	Mashed Potatoes with	Mixed vegetables
		With tomato sause and grated		Macaroni	Soufflé		cold cuts & cheese	
		cheese	Baked chicken leg	with seafood	Patties with lemon	Green beans in olive		Roast lamb
		0.10000	with lemon sauce	With oddiodd	sauce & rice	oil	Grilled chicken patty	With oven- baked
LU		Vegetable patties	& Pilaf rice			with potatoes	with cream sauce	potatoes
NC	Main course	with rice & lemon		or	or		& Rice	
H		sauce	or					
		or	0 1 11	Fish croquettes	"Bekri"	or	or	or
		Dalcad Claut	Spaghetti with	with garlic dip "skordalia"	Meze" Pork stew	Daga in towarts assume	Mayaaaka	ما فاند بر مام مام باینام
		Baked Giant beans	minced meat sause	Skordalia	with mashed potatoes	Peas in tomato sause with carrots	Moussaka	Pork chop with mustard sauce &
		Dearis	Salad		polaloes	& potatoes		pilaf rice
			Fruit			α ροιαίσσο	Salad	pilai 1100
	Side Dishes	Cheese		Salad			Dessert	Seasonal salad
		Fruit		Fruit	Salad	Cheese		Fruit
					Fruit	Fruit		
	Special Dish*							
		Vegetable soup	Orzo pasta with	Mashed Potatoes	Mushroom soup	Sautéed spinach with	Cheese pie	Pasta soup
	First course		grated cheese	with bacon		mushrooms	Data de la contraction de la c	
DIN		Spaghetti au	Briam (oven-baked	Pototo obooco	Stuffed vegetables		Baked Spaghetti with Tomato & Cheese	Country style
NE		gratin		and bacon Soufflé	with minced meat	Stewed calamari in	Tomato & Cheese	sausages with orzo
∥ R	Main course	or	mixed vegetables)	and bacon country	William lood mode	tomato sauce	or	oddodgoo with orzo
		NA -1	or	or		with rice	Imam Bayildi (stuffed	or
		Mushroom and vegetable risotto			or		eggplants in olive oil)	
		with 1 frankfurter	Spinach rice	Special Omelette		or		Penne
		sausage	01		Giouvarlakia in	Ciala		Carbonara
	Side Dishes	oddodgo	Cheese Fruit		tomato sauce with Mashed	Fish croquettes with garlic dip & lemon	Cheese	
	Side Disiles	Salad	Truit	Cheese	Potatoes	sauce	Chocolate cream	Eggplant salad
				Rice pudding	1 0101000	dadoo	Chiodolato di dam	Fruit
		Fruit			Salad	Salad		
					Fruit	Fruit		
	Special Dish*							

• It concerns special nutritional needs and will be determined each time, after recording the relevant need

WEEK 2		8	9	10	11	12	13	14
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	First course	Macaroni with	Potato soup	Mashed Potatoes with Vegetables	Chicken soup	Fish soup	Meat soup	Couscous with cheese Grated
LUN CH	Main course	Neapolitan sauce Baked beans	Pastitsio (Baked pasta with ground meat)	Sweet peas with carrots &	Pork with wine sauce & rice	Battered Cod with garlic dip (skordalia)	Chicken schnitzel with rice	Pork with oregano and pilaf rice
		or	or	potatoes and lemon	or	or	or	or
		Eggplants with potatoes ragu	Grilled burgers with lemon sauce & Mashed Potatoes	or Spinach rice	Chicken with tomato sause And orzo	Herring fillet with baked potatoes	Giouvetsi (beef stew with orzo)	Soutzoukakia Smyrna style with Mashed Potatoes
	Side Dishes	Cheese - Olives	Salad	Cheese	Salad Fruit	Salad Fruit	Tzatziki Jelly dessert	Eggplant salad
		Fruit	Fruit	Fruit				Dessert
	Special Dish*							
	First course	Vegetable Soup	Mushroom soup	Cheese pie	Mashed Potatoes with bacon	Pumpkin soup	Minestrone soup	Spinach pie
DIN NE		Spaghetti with mushrooms in creamy sause	Stuffed vegetables olive oil	Omelette with potatoes, bacon &	Courgette and potatoes	Spaghetti au gratin	Frankfurter sausages with orzo	Penne Carbonara
R	Main course	& 1 frankfurter sausage	or	sausage	(Briam) or	or	Or	or
		or Frankfurt sausages	calamari	or Pasta soufflé with	or Spaghetti	Green beans in olive oil	Fish croquettes with bulgur	Imam Bayildi (stuffed eggplants in olive oil)
		with Mashed Potatoes	in wine sauce & Rice	Cheeses, sausage & bacon	with Napolitan sauce	with potatoes	Salad	Salad
					& grated cheese		Compote	Fruit
	Side Dishes	Salad Fruit	Cheese Fruit	Salad Cream	Cheese Rice pudding	Salad Fruit		
	Special Dish *							

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WEEK 3		15	16	17	18	19	20	21	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LUN CH	First course	Vegetable Risotto	Potato soup	Pasta Salad	Chicken soup	Fish soup	Meat soup	Yachni potatoes	
		Baked Giant beans or Mixed Peas stew	soutzoukakia in tomato sause with orzo or	Green beans in olive oil with potatoes or Lentil soup	Grilled chicken leg with Mustard sauce and Mashed Potatoes or	Battered Cod with rice & lemon sauce	Fried pork with potatoes & wine sauce or Meatballs in tomato sause with rice	Pork steak with Mustard sauce & Pilaf rice or Chicken schnitzel with Mashed Potatoes	
	Cheese Side Dishes Fruit		Pork in Lemon sause with pilaf rice Cheese-Olives Fruit		Macaroni with minced meat sause Sardine fillet with potatoes		Eggplant salad Fruit	& creamy sauce with mushrooms	
	Special Dish*		Salad Fruit		Salad Fruit	Fruit		Salad Dessert	
		Onin a de min	Manhad Datata	Objetta Carra	Maralana	V t-lel	Observation	Destace	
	First course	Spinach pie	Mashed Potatoes with bacon	Chef's Soup	Mushroom soup	Vegetables Mixed	Cheese pie	Pasta soup	
DIN NE R	Main course			Spaghetti with seafood	Penne Carbonara or	Country style sausages Grilled with potatoes	Seasonal Vegetables Turlou	Potatoes and bacon Omelette	
		or	Spinach rice	Spetsofai	Stuffed vegetables in olive oil		or Baked Spaghetti with		
	Side Dishes Special Dish*	Giouvarlakia in tomato sauce with Mashed Potatoes Salad	Cheese Chocolate cream	with potatoes Salad Fruit	Cheese Fruit	with orzo Salad Jelly dessert	Tomato & Cheese Yogurt Fruit	Cheese Macaroni Cheese Fruit	
		Fruit							

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WEEK 4 22 23 24 25 26 27 28 Thursday Monday Tuesday Wednesday Friday Sunday Saturday Mashed Potatoes Potato soup Fish soup Chicken soup Chef's soup Vegetable risotto Meat soup with bacon First course Green beans in olive Baked Giant beans Meatballs in tomato Battered Cod with rice Pork with wine sauce Pastitsio (Baked LUN Chicken burger with sauce with risotto & lemon & rice pasta with ground СН mashed potatoes with potatoes sauce meat) Courgette, potatoes Main course & lemon sauce or or & Eggplant or or in the oven Pastitsio (Baked or Chicken in tomato or pasta with ground sause Mixed Peas stew Pork with oregano Macaroni with Seafood with orzo beef stew with pilaf meat) And rice Cheese rice Fruit Cheese Salad Salad Russian salad Fruit Salad Fruit Salad Fruit Fruit Side Dishes Fruit Fruit Special Dish* Cheese pie Vegetable Orzo Spinach pie Pasta soup Spaghetti pie Mushroom soup crustless cheese pie First course Potatoes, cheese Baked Spaghetti with Penne Carbonara Frankfurter sausages DIN and bacon Soufflé Briam Stuffed vegetables Tomato & Cheese Country style NE Main course with minced meat with peas (Courgette & potatoes) sausages with orzo or R or or & 1 sausage or Spetsofai or Special Omelette Calamari in wine Chicken nuggets with potatoes Fish croquettes sause with spinach or with lemon sauce or with garlic dip & mashed potatoes Spaghetti with (skordalia) Mushrooms and minced meat sause Cheese vegetables Risotto Eggplant salad Salad **Side Dishes** Salad Rice pudding Salad Fruit Fruit & 1 sausage Fruit Cheese Jelly dessert Chocolate cream Cheese Special Dish* Dessert

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WEEK 5

29

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	VEEN 3	<u> </u>	<u> </u>					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	First course	Pickles Lentil soup	Chicken soup Baked chicken in					
LU NC H	Main course	or Vegetable patties with risotto	lemon sauce & Pilaf rice or					
		Cheese Fruit	Spaghetti with minced meat sause					
	Side Dishes		Salad Fruit					
	Special Dish *		Truit					
	First course	Vegetable soup	Orzo with grated cheese					
DIN NE	Main course	Spaghetti au gratin	Eggplants with potatoes ragu					
R		or	or					
		Mushrooms and	Spinach rice					
		vegetables Risotto & 1 sausage Frankfurter	Cheese					
	Side Dishes	Salad						
	Special Dish *	Fruit	Fruit					

•	It concerns special nutr	ritional needs and	will be determined ea	ach time, after record	ing the relevant need		