

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
LUNCH	First course	Couscous With tomato sause and grated cheese	Chicken soup	Mixed Peas stew	Vegetable Soufflé	Bacon Risotto	Mashed Potatoes with cold cuts & cheese	Mixed vegetables
	Main course	Vegetable patties with rice & lemon sauce or Baked Giant beans	Baked chicken leg with lemon sauce & Pilaf rice or Spaghetti with minced meat sause Salad Fruit	Macaroni with seafood or Fish croquettes with garlic dip "skordalia" Salad Fruit	Patties with lemon sauce & rice or "Bekri" Meze" Pork stew with mashed potatoes Salad Fruit	Green beans in olive oil with potatoes or Peas in tomato sause with carrots & potatoes Cheese Fruit	Grilled chicken patty with cream sauce & Rice or Moussaka Salad Dessert	Roast lamb With oven- baked potatoes or Pork chop with mustard sause & pilaf rice Seasonal salad Fruit
	Side Dishes	Cheese Fruit						
	Special Dish*							
DINNER	First course	Vegetable soup	Orzo pasta with grated cheese	Mashed Potatoes with bacon	Mushroom soup	Sautéed spinach with mushrooms	Cheese pie	Pasta soup
	Main course	Spaghetti au gratin or Mushroom and vegetable risotto with 1 frankfurter sausage	Briam (oven-baked mixed vegetables) or Spinach rice	Potato, cheese and bacon Soufflé or Special Omelette	Stuffed vegetables with minced meat or Giouvarlakia in tomato sause with Mashed Potatoes	Stewed calamari in tomato sause with rice or Fish croquettes with garlic dip & lemon sauce	Baked Spaghetti with Tomato & Cheese or Imam Bayildi (stuffed eggplants in olive oil) Cheese Chocolate cream	Country style sausages with orzo or Penne Carbonara Eggplant salad Fruit
	Side Dishes	Salad Fruit	Cheese Fruit	Cheese Rice pudding	Salad Fruit	Salad Fruit		
	Special Dish*							

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WEEK 2		8	9	10	11	12	13	14
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	First course	Macaroni with Neapolitan sauce	Potato soup	Mashed Potatoes with Vegetables	Chicken soup	Fish soup	Meat soup	Couscous with cheese Grated
	Main course	Baked beans or Eggplants with potatoes ragu	Pastitsio (Baked pasta with ground meat) or Grilled burgers with lemon sauce & Mashed Potatoes	Sweet peas with carrots & potatoes and lemon or Spinach rice	Pork with wine sauce & rice or Chicken with tomato sause And orzo	Battered Cod with garlic dip (skordalia) or Herring fillet with baked potatoes	Chicken schnitzel with rice or Giouvetsi (beef stew with orzo)	Pork with oregano and pilaf rice or Soutzoukakia Smyrna style with Mashed Potatoes
	Side Dishes	Cheese - Olives Fruit	Salad Fruit	Cheese Fruit	Salad Fruit	Salad Fruit	Tzatziki Jelly dessert	Eggplant salad Dessert
	Special Dish*							
DINNER	First course	Vegetable Soup	Mushroom soup	Cheese pie	Mashed Potatoes with bacon	Pumpkin soup	Minestrone soup	Spinach pie
	Main course	Spaghetti with mushrooms in creamy sause & 1 frankfurter sausage or Frankfurt sausages with Mashed Potatoes	Stuffed vegetables olive oil or calamari in wine sauce & Rice	Omelette with potatoes, bacon & sausage or Pasta soufflé with Cheeses, sausage & bacon	Courgette and potatoes (Briam) or Spaghetti with Napolitan sauce & grated cheese	Spaghetti au gratin or Green beans in olive oil with potatoes	Frankfurter sausages with orzo or Fish croquettes with bulgur Salad Compote	Penne Carbonara or Imam Bayildi (stuffed eggplants in olive oil) Salad 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
LUNCH	First course	Vegetable Risotto	Potato soup	Pasta Salad	Chicken soup	Fish soup	Meat soup	Yachni potatoes
	Main course	Baked Giant beans or Mixed Peas stew	soutzoukakia in tomato sause with orzo or Pork in Lemon sause with pilaf rice	Green beans in olive oil with potatoes or Lentil soup	Grilled chicken leg with Mustard sause and Mashed Potatoes or Macaroni with minced meat sause	Battered Cod with rice & lemon sause or Sardine fillet with potatoes	Fried pork with potatoes & wine sause or Meatballs in tomato sause with rice	Pork steak with Mustard sause & Pilaf rice or Chicken schnitzel with Mashed Potatoes & creamy sause with mushrooms
	Side Dishes	Cheese Fruit		Cheese-Olives Fruit		Salad Fruit	Eggplant salad Fruit	
	Special Dish*		Salad Fruit		Salad Fruit			Salad Dessert
DINNER	First course	Spinach pie	Mashed Potatoes with bacon	Chef's Soup	Mushroom soup	Vegetables Mixed	Cheese pie	Pasta soup
	Main course	Sausages, Bacon & Cheese Spaghetti or Giouvarlakia in tomato sause with Mashed Potatoes	Vegetable, potatoes, cheese & mushroom soufflé or Spinach rice	Spaghetti with seafood or Spetsofai with potatoes	Penne Carbonara or Stuffed vegetables in olive oil	Country style sausages Grilled with potatoes or Chicken schnitzel with orzo	Seasonal Vegetables Turlou or Baked Spaghetti with Tomato & Cheese	Potatoes and bacon Omelette or Cold cuts & Cheese Macaroni
	Side Dishes		Cheese Chocolate cream	Salad Fruit	Cheese Fruit	Salad Jelly dessert	Yogurt Fruit	Cheese Fruit
	Special Dish*	Salad Fruit						

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

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WEEK 5		29	30					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	First course	Pickles	Chicken soup					
	Main course	Lentil soup	Baked chicken in lemon sauce & Pilaf rice					
		or	or					
	Side Dishes	Vegetable patties with risotto	Spaghetti with minced meat sauce					
	Special Dish*	Cheese Fruit	Salad Fruit					
DINNER	First course	Vegetable soup	Orzo with grated cheese					
	Main course	Spaghetti au gratin	Eggplants with potatoes ragu					
		or	or					
	Side Dishes	Mushrooms and vegetables Risotto & 1 sausage Frankfurter	Spinach rice Cheese					
	Special Dish*	Salad Fruit	Fruit					

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