

1st WEEK				01_10	02_10	03_10	04_10	05_10
				WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course			Mashed potatoes with bacon	Seasonal vegetable soup	Fish soup	Meat soup	Chicken soup
	Main course			Green beans in olive oil with potatoes or	Grilled burger with rice pilaf or	Fried cod with garlic dip or	Pork stew with orzo or Grilled soutzoukakia (meatballs) with risotto & lemon sauce	Macaroni with minced meat sauce or Roast chicken with rice pilaf
		Side Dishes			Cheese  Fruit	Salad  Fruit	Salad  Fruit Fruit jelly	Russian salad  Fruit
	Special Dish*	Refers to specific dietary needs, determined case by case.						
	DINNER	First course			Pasta soup	Mushroom soup	Mashed Potatoes with Vegetables	Spinach pie
Main course				Potato soufflé with cheese & cold cuts or	Lemon spinach rice & 1 egg (boiled) or Artichokes à la polita with carrots & potatoes	Stuffed vegetables with rice (Gemista) or Vegetarian pastitsio	Frankfurter sausages with oven-baked potatoes or Giouvarlakia in tomato sauce with mashed potatoes	Calamari in wine sauce with rice or Fish croquettes with bulgur & lemon sauce
		Side Dishes			Salad Fruit	Cheese Fruit	Cheese Compote	Salad Fruit
Special Dish*		Refers to specific dietary needs, determined case by case.						

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Pickles	Pasta soup	Fish soup	Chicken soup	Mashed potatoes with bacon	Fava (yellow split pea puree)	Meat soup
	Main course	Green beans in olive oil with potatoes or	Smyrna-style soutzoukakia with rice pilaf or	Sardine fillet with oven potatoes or	Roast chicken with rice & lemon sauce or	Baked beans or	Pork Sofrito with mashed potatoes or	Moussaka or
		Lentil soup	Chicken burger with mashed potatoes & mustard sauce	Seafood risotto	Grilled burger with mashed potatoes & mustard sauce	Peas in tomato sause with carrots & potatoes	Chicken schnitzel with orzo	Roast lamb with rice
	Side Dishes	Cheese & olives	Salad	Salad	Salad	Cheese	Russian salad	Salad
		Fruit	Fruit	Fruit	Fruit	Fruit	Revani (semolina syrup cake)	Chocolate cream dessert
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Tomato soup	Omelette	Mushroom soup	Chef's soup	Vegetable soup	Cabbage rice	Crustless cheese pie (Zymaropita)
	Main course	Macaroni au gratin with cheese & bacon or Spetsofai (sausages with peppers & tomato) with potatoes	Briam (oven-baked zucchini & potatoes) or Imam bayildi (stuffed eggplant)	Stuffed vegetables with minced meat or Short pasta with minced meat sauce	Vegetable soufflé with cheese & mushrooms or Oven-baked pasta with tomato sauce & cheese	Barley risotto with calamari or Fish croquettes with rice & lemon sauce	Giouvarlakia in tomato sauce with mashed potatoes or Chicken meatballs in tomato sauce with rice	Country sausages with orzo or Grilled burger with lemon sauce & risotto
		Side Dishes	Salad Fruit	Cheese Fruit jelly	Cheese Fruit	Salad Fruit	Salad Fruit	Salad Fruit
		Special Dish*	Refers to specific dietary needs, determined case by case.					

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Mashed Potatoes with Vegetables	Vegetable soup	Fish soup	Pasta soup	Vegetable risotto	Chicken soup	Couscous with mushrooms
	Main course	Green beans in olive oil with stewed potatoes or Peas in tomato sause with carrots & potatoes	Pastitsio or Soutzoukakia with rice	Fried cod with garlic dip or Lemon herring fillet with potatoes	Meatballs in tomato sauce with mashed potatoes or Chicken schnitzel with orzo	Bean soup (Fasolada) or Baked zucchini & potatoes	Pasta with minced meat sauce or Chicken in Mexican sauce with short pasta	Pork with oregano & rice pilaf or Grilled burger with mustard sauce & bulgur
	Side Dishes	Cheese Fruit	Salad Fruit	Salad Fruit	Salad Fruit	Cheese & olives, Chocolate cream dessert	Salad Fruit	Salad Rice pudding
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Mushroom soup	Risotto with ham & bacon	Spinach pie	Potato soup	Cheese pie	Vegetable soufflé	Mashed potatoes with bacon
	Main course	Spaghetti with Neapolitan sauce & grated cheese or Stewed potatoes with mushrooms	Spinach rice with 1 sausage or Artichokes à la polita with peas & potatoes, with 1 sausage	Special omelette or Pasta soufflé with cheese & bacon	Spaghetti with seafood or Potato gratin with cheese & bacon	Oven-baked penne with spinach & cheese or Stuffed vegetables (Gemista) with rice	Country sausage with mashed potatoes or Meatballs in tomato sauce with orzo	Meatball soup avgolemono (egg-lemon sauce) or Beef stew
	Side Dishes	Cheese Fruit	Salad Fruit	Salad Fruit	Salad Fruit	Cheese Fruit	Salad Fruit jelly	Salad Compote
	Special Dish*	Refers to specific dietary needs, determined case by case.						

4th WEEK		20_10	21_10	22_10	23_10	24_10	25_10	26_10
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Mashed potatoes with bacon	Chef's soup	Pickles	Potato soup	Fish soup	Meat soup	Chicken soup
	Main course	Green beans in olive oil with potatoes or  Lentil soup	Pasta with minced meat sauce or Chicken schnitzel with risotto	Bean soup (Fasolada) or  Peas in tomato sause with carrots & potatoes	Pork in lemon sauce with roast gravy & rice or  Pastitsio	Short pasta with seafood or  Sardine fillet with potatoes	Oven-baked steak with mustard sauce & rice  or Fried meatballs with potatoes & mustard sauce	Soutzoukakia in lemon sauce with mashed potatoes  or Roast chicken with shell pasta
		Side Dishes	Cheese Vanilla cream dessert	Salad  Fruit	Cheese  Fruit	Salad  Fruit	Salad  Fruit	Salad Chocolate cream dessert
		Special Dish*	Refers to specific dietary needs, determined case by case.					
DINNER	First course	Pasta soup	Vegetable soup	Cheese pie	Mushroom soup	Tomato soup	Mashed potatoes with bacon	Spinach pie
	Main course	Penne Carbonara or  Potato soufflé with vegetables & bacon	Special omelette or  Oven-baked pasta with tomato & cheese	Meatball soup avgolemono (egg-lemon sauce) or  Stuffed vegetables with minced meat & rice	Lemon chickpea rice with 1 sausage or  Barley risotto with peas & stewed artichokes (with 1 sausage)	Macaroni au gratin with cheese & bacon or  Spetsofai (sausages with peppers & tomato) with potatoes	Frankfurter sausages with orzo or  Chicken meatballs in tomato sauce with mashed potatoes	Fish croquettes with rice & mustard sauce or  Stewed calamari with short pasta
		Side Dishes	Salad Fruit	Salad Fruit	Salad Fruit	Cheese Fruit jelly	Salad Fruit	Salad Yogurt
		Special Dish*	Refers to specific dietary needs, determined case by case.					

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
LUNCH	First course	Orzo with grated cheese	Chicken soup	Short pasta with Napolitana sauce	Chef's soup	Fish soup		
	Main course	Lentil soup or Peas in tomato sause with carrots & potatoes	Roast chicken with lemon sauce & rice or Pork with oregano & mashed potatoes	Green beans in olive oil with potatoes or Bean soup (Fasolada)	Grilled soutzoukakia with mashed potatoes or Chicken schnitzel with orzo	Fried cod with garlic dip (skordalia) or Herring fillet with lemon & potatoes		
		Side Dishes	Cheese  Fruit Chocolate cream dessert	Salad Revani (semolina syrup cake)	Cheese  Fruit	Salad  Fruit	Salad  Fruit	
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Mashed potatoes with bacon	Pasta soup	Spinach pie	Mashed Potatoes with Vegetables	Chef's soup		
	Main course	Meatball soup avgolemono (egg-lemon sauce) or Couscous with minced meat sauce	Special omelette or Pasta soufflé with cheese & bacon	Macaroni au gratin or Stewed potatoes with sausages & peppers	Stuffed vegetables in olive oil or Seasonal vegetable stew (Tourlou)	Vegetable soufflé with cheese & mushrooms or Oven-baked pasta with tomato sauce & cheese		
		Side Dishes	Salad Fruit	Cheese Dessert	Salad Fruit	Salad Compote	Salad Fruit	
	Special Dish*		Refers to specific dietary needs, determined case by case.					

# DINNER