MEAL MENU OCTOBER 2025

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

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

2nd WEE	<u>K</u>	06_10	07_10	08_10	09_10	10_10	11_10	12_10
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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	Moussaka or
LUNCH		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, c	letermined case by cas	se.	•		
	First course	Tomato soup	Omelette	Mushroom soup	Chef's soup	Vegetable soup	Cabbage rice	Crustless cheese pie (Zymaropita)
INNER	Main course	Macaroni au gratin with cheese & bacon or Spetsofai	Briam (oven- baked zucchini & potatoes) or	Stuffed vegetables with minced meat or	Vegetable soufflé with cheese & mushrooms or	Barley risotto with calamari or	Giouvarlakia in tomato sauce with mashed potatoes or	Country sausages with orzo or
		peppers & tomato) with potatoes	Imam bayildi (stuffed eggplant)	Short pasta with minced meat sauce	Oven-baked pasta with tomato sauce & cheese	Fish croquettes with rice & lemon sauce	Chicken meatballs in tomato sauce with rice	Grilled burger with lemon sauce & risotto
	Side Dishes	Salad Fruit	Cheese Fruit jelly	Cheese Fruit	Salad Fruit	Salad Fruit	Salad Fruit	Salad Fruit
	Special Dish*	Refers to specific	dietary needs, d	etermined case by cas	e.	1		<u> </u>
DINNER	First course Main course Side Dishes	Refers to specific Tomato soup Macaroni au gratin with cheese & bacon or Spetsofai (sausages with peppers & tomato) with potatoes Salad Fruit	Omelette Briam (ovenbaked zucchini & potatoes) or Imam bayildi (stuffed eggplant) Cheese Fruit jelly	Mushroom soup Stuffed vegetables with minced meat or Short pasta with minced meat sauce Cheese Fruit	Chef's soup Vegetable soufflé with cheese & mushrooms or Oven-baked pasta with tomato sauce & cheese Salad Fruit	Vegetable soup Barley risotto with calamari or Fish croquettes with rice & lemon sauce Salad	Cabbage rice Giouvarlakia in tomato sauce with mashed potatoes or Chicken meatballs in tomato sauce with rice Salad	Crustless chees (Zymaropital Country sausal with orzofor Grilled burger lemon sauce & r

3rd WEE	K	13_10	14_10	15_10	16_10	17_10	18_10	19_10
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	First course	Mashed Potatoes with Vegetables	Vegetable soup	Fish soup	Pasta soup	Vegetable risotto	Chicken soup	Couscous with mushrooms
ı	Main course	Green beans in olive oil with stewed potatoes	Pastitsio	Fried cod with garlic dip	Meatballs in tomato sauce with mashed potatoes	Bean soup (Fasolada)	Pasta with minced meat sauce	Pork with oregano & rice pilaf
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LUNCH		Peas in tomato sause with carrots & potatoes	Soutzoukakia with rice	Lemon herring fillet with potatoes	Chicken schnitzel with orzo	Baked zucchini & potatoes	Chicken in Mexican sauce with short pasta	Grilled burger with mustard sauce & bulgur
	Side Dishes	Cheese	Salad	Salad	Salad	Cheese & olives, Chocolate cream	Salad	Salad
		Fruit	Fruit	Fruit	Fruit	dessert	Fruit	Rice pudding
	Special Dish*	Refers to specific	dietary needs, o	determined case by cas	I 6e.			
	First course	Mushroom soup	Risotto with ham & bacon	Spinach pie	Potato soup	Cheese pie	Vegetable soufflé	Mashed potatoes with bacon
DINNER	Main course	Spaghetti with Neapolitan sauce & grated cheese or	Spinach rice with 1 sausage or Artichokes à la	Special omelette or	Spaghetti with seafood or	Oven-baked penne with spinach & cheese or	Country sausage with mashed potatoes or	Meatball soup avgolemono (egg- lemon sauce) or
		Stewed potatoes with mushrooms	polita with peas & potatoes, with 1 sausage	Pasta soufflé with cheese & bacon	Potato gratin with cheese & bacon	Stuffed vegetables (Gemista) with rice	Meatballs in tomato sauce with orzo	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, d	etermined case by cas	e.		<u> </u>	
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h WEEK	(20_10	21_10	22_10	23_10	24_10	25_10	26_10
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	First course	Mashed potatoes with bacon	Chef's soup	Pickles	Potato soup	Fish soup	Meat soup	Chicken soup
LUNCH	Main course	Green beans in olive oil with potatoes	Pasta with minced meat sauce	Bean soup (Fasolada)	Pork in lemon sauce with roast gravy & rice	Short pasta with seafood	Oven-baked steak with mustard sauce & rice	Soutzoukakia in lemon sauce with mashed potatoes
Z		or	or	or	or	or	or	or
L		Lentil soup	Chicken schnitzel with risotto	Peas in tomato sause with carrots & potatoes	Pastitsio	Sardine fillet with potatoes	Fried meatballs with potatoes & mustard sauce	Roast chicken with shell pasta
	Side Dishes	Cheese Vanilla cream	Salad	Cheese	Salad	Salad	Salad Chocolate cream	Salad
		dessert	Fruit	Fruit	Fruit	Fruit	dessert	Fruit
	Special Dish*	Refers to specific	dietary needs, o	determined case by cas	Se.			
	First course	Pasta soup	Vegetable soup	Cheese pie	Mushroom soup	Tomato soup	Mashed potatoes with bacon	Spinach pie
EB	Main course	Penne Carbonara	Special omelette	Meatball soup avgolemono (egg- lemon sauce)	Lemon chickpea rice with 1 sausage	Macaroni au gratin with cheese & bacon	=	Fish croquettes with rice & mustard sauce
Z		or	or	or	or	or	or	or
DINNER		Potato soufflé with vegetables & bacon	Oven-baked pasta with tomato & cheese	Stuffed vegetables with minced meat & rice	Barley risotto with peas & stewed artichokes (with 1 sausage)	Spetsofai (sausages with peppers & tomato) with potatoes	Chicken meatballs in tomato sauce with mashed potatoes	Stewed calamari with short pasta
	Side Dishes	Salad Fruit	Salad Fruit	Salad Fruit	Cheese Fruit jelly	Salad Fruit	Salad Yogurt	Salad Fruit
	Special Dish*	Refers to specific	dietary needs, d	etermined case by case	<u> </u> e.		<u> </u>	

First course Main course First course First course First course Fruit Fru	5th WEEK	(27_10	28_10	29_10	30_10	31_10	
Main course Main course Main course Lentil soup or Peas in tomato sauce & rice or Pork with emon sauce & rice or Port with carrots & potatoes potatoes Side Dishes Side Dishes Special Dish** First course Main course Main course Main course Special Dish** First course Main course Cheese Chicken soup Green beans in olive oil with potatoes or or or pork with carrots & potatoes potatoes potatoes Special Dish** First course Main course Mashed potatoes With bacon Special soup avgolemono (egg-lemon sauce) or or or potatoes With bacon Special Dish** First course Main course Side Dishes Salad Cheese Cheese Salad			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Main course Lentil soup or Peas in tomato sauce & rice or Por With sause with carrots & potatoes Side Dishes Cheese Salad Revani (Semolina syrup cake) Chocolate cream dessert Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Refers to specific dietary needs, determined case by case. Special Dish* Re		First course		Chicken soup		Chef's soup	Fish soup	
Peas in tomato sause with carrots & mashed potatoes Side Dishes Cheese Salad Revani (semolina syrup cake) Chocolate cream dessert Special Dish* Refers to specific diletary needs, determined case by case. Special Dish* Refers to specific diletary needs, determined case by case. Special Dish* Refers to specific diletary needs, determined case by case. Special Dish* Refers to specific diletary needs, determined case by case. Special Dish* Refers to specific diletary needs, determined case by case. Spinach pie Main course Main course Main course Main course Meatball soup avgolemono (egg-lemon sauce) or		Main course	Lentil soup	with lemon		with mashed potatoes	garlic dip	
Revani (semolina syrup cake) Fruit Fruit Fruit Fruit	LUNCH		Peas in tomato sause with carrots &	Pork with oregano & mashed	Bean soup	Chicken schnitzel	Herring fillet with	
Chocolate cream dessert Special Dish* Refers to specific dietary needs, determined case by case.		Side Dishes		Revani				
Mashed potatoes with bacon Pasta soup Spinach pie Mashed Potatoes with Vegetables Chef's soup			Chocolate cream dessert				Fruit	
Main course With bacon Pasta soup Spinach pie With Vegetables Chef's soup		Special Dish*	Refers to specific	dietary needs, o	determined case by cas	e.		
Main course Main course Main course Main course Main course Special omelette or		First course			Spinach pie		Chef's soup	
minced meat sauce with cheese & bacon sausages & peppers Stew (Tourlou) Side Dishes Salad Cheese Salad Fruit Dessert Fruit Seasonal vegetable stew (Tourlou) Seasonal vegetable stew (Tourlou) With tomato sauce & cheese Salad Salad Salad Fruit	NNER	Main course	avgolemono (egg-lemon sauce)	omelette	=	in olive oil	with cheese & mushrooms	
Fruit Dessert Fruit Compote Fruit			minced meat	with cheese &		•	with tomato sauce	
Special Dish* Refers to specific dietary needs, determined case by case		Side Dishes						
CPCOIL FIGHT Profess to opening dictary needed, determined case by case.		Special Dish*	Refers to specific	dietary needs, d	etermined case by case	Ð		