

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

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1st WEEK

1st WEEK		01_12	02_12	03_12	04_12	05_12	06_12	07_12
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Couscous with mushrooms	Chef's soup	Tomato orzo with grated cheese	Minestrone	Fish soup	Mashed Potatoes with Vegetables	Chef's soup
	Main course	Bean soup (Fasolada) or Peas in tomato sauce with carrots & potatoes	Smyrna-style soutzoukakia with orzo or Pork with oregano & rice	Green beans in olive oil with potatoes or Lentil soup	Roast chicken with lemon sauce & bulgur or Spaghetti with minced meat sauce	Grilled sardine fillet with potatoes or Breaded cod with garlic dip	Pastitsio or Pork steak with mustard sauce & pilaf	Pork "Bekris mezes" with peas or Grilled burger with vegetable sauce & Mashed Potatoes
	Side Dishes	Cheese Fruit	Salad Fruit	Cheese & olives Fruit	Salad Fruit	Salad Fruit	Salad Fruit	Tzatziki Dessert
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Vegetable soup	Trahanas soup	Mushroom soup	Vegetable soup	Cheese pie	Pasta soup	Spinach and cheese pie
	Main course	Macaroni au gratin or Spaghetti with Neapolitan sauce & grated cheese	Spinach rice or Stewed eggplants with potatoes	Pasta soufflé with cheese & bacon or Special omelette	Stewed calamari with rice or Stuffed vegetables with minced meat	Giant beans baked with country sausage or Avgolemono soup with meatballs	Seafood giouvetsi or Imam bayildi (stuffed eggplants)	Chicken nuggets with lemon sauce & Mashed Potatoes or Frankfurter sausages with potatoes
	Side Dishes	Salad Fruit	Cheese Fruit jelly	Salad Rice pudding	Salad Fruit	Salad Fruit	Cheese Chocolate cream dessert	Salad Fruit
	Special Dish*	Refers to specific dietary needs, determined case by case.						

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Vegetable risotto	Minestrone	Fish soup	Chicken soup	Pasta soup	Chef's soup	Mashed Potatoes with Vegetables
	Main course	Green beans in olive oil with potatoes or	Spaghetti with minced meat sauce or Grilled soutzoukakia with lemon sauce & mashed potatoes	Fish croquettes with lemon sauce & rice or	Chicken burger with orzo or	Bean soup (Fasolada) or	Meatballs in tomato sauce with mashed potatoes or	Pork with oregano & pilaf or
		Lentil soup		Breaded cod with garlic dip	Pork in lemon sauce with rice	Peas with carrots & potatoes	Pork steak with roast sauce & pilaf	Grilled burger with mustard sauce & potatoes
	Side Dishes	Cheese & olives Fruit	Salad Fruit	Salad Fruit	Salad Fruit	Cheese Fruit	Salad Rice pudding	Eggplant salad Dessert
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Mashed potatoes with bacon	Mushroom soup	Trahanas soup	Orzo with vegetables & mushrooms	Vegetable soup	Tomato soup with couscous	Cheese pie
	Main course	Potato soufflé with vegetables, cheese & cold cuts or	Stuffed vegetables in olive oil or	Omelette with potatoes, bacon & sausage or	Chickpea rice with 1 Frankfurter sausage or	Fish croquettes with lemon sauce & rice or	Country sausages with potatoes or	Chicken nuggets with mashed potatoes & lemon sauce or
		Spaghetti with tuna sauce	Vegetable risotto with mushrooms	Pasta with sausage & peppers sauce	Lemon spinach rice with 1 Frankfurter sausage	Penne Carbonara	Calamari in wine sauce with rice	Beef stew
	Side Dishes	Salad	Salad	Salad	Cheese	Salad	Salad	Salad
		Fruit	Yogurt Fruit	Fruit	Chocolate cream dessert	Fruit	Compote	Fruit jelly
	Special Dish*	Refers to specific dietary needs, determined case by case.						

DINNER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	First course	Mashed potatoes with bacon	Vegetable soup	Fish soup	Chicken soup	Orzo with grated cheese	Minestrone	Mashed Potatoes with Vegetables
	Main course	Giant baked beans or Lentil soup	Soutzoukakiain tomato sauce with orzo or Pork in lemon sauce with pilaf	Breaded cod with rice & lemon sauce or Baked galeos with garlic dip	Roast chicken with lemon sauce & rice or Spaghetti with minced meat sauce	Bean soup (Fasolada) or Peas in tomato sauce with carrots & potatoes	Chicken schnitzel with mashed potatoes or Grilled burger with mustard sauce & rice	Beef giouvetsi or Pork steak with mustard sauce & pilaf
		Side Dishes	Cheese Fruit	Salad Fruit	Salad Dessert	Salad Fruit	Cheese & olives, Fruit	Salad Fruit jelly
	Special Dish*	Refers to specific dietary needs, determined case by case.						
DINNER	First course	Vegetable soup	Mashed potatoes with bacon	Potato soup	Mushroom soup	Cheese pie	Mashed Potatoes with Vegetables	Spinach and cheese pie
	Main course	Shell pasta with minced meat sauce or Meatballs in tomato sauce with Mashed Potatoes	Vegetable soufflé with cold cuts & cheese or Creamy penne with spinach & mushrooms	Shrimp pasta or Stuffed vegetables (Gemista) with rice	Lemon spinach rice with 1 Frankfurter sausage or Risotto with bacon & mushrooms with 1 Frankfurter sausage	Omelette with bacon, cheese & sausage or Giant beans baked with country sausage	Country sausage with potatoes or Spaghetti “Carbonara”	Chicken nuggets with mashed potatoes & lemon sauce or Grilled Soutzoukakia with potatoes
		Side Dishes	Salad Fruit	Cheese Chocolate cream dessert	Salad Fruit	Salad Fruit	Cheese Fruit	Salad Fruit
	Special Dish*	Refers to specific dietary needs, determined case by case.						

		MONDAY	TUESDAY					
LUNCH	First course	Spinach pie	Chicken soup	MERRY CHRISTMAS & A HAPPY NEW YEAR				
	Main course	Green beans in olive oil with potatoes or Lentil soup	Roast chicken with lemon sauce & rice or Pork steak with mustard sauce & pilaf					
	Side Dishes	Cheese & olives Fruit	Salad Fruit					
	Special Dish*		Refers to specific dietary needs, determined case by case.					
DINNER	First course	Mushroom soup	Vegetable soup					
	Main course	Potato soufflé with cheese & bacon or Spaghetti with Neapolitan sauce & grated cheese	Fish croquettes with lemon sauce & rice or Penne Carbonara					
	Side Dishes	Salad Rice pudding	Salad Fruit					
	Special Dish*		Refers to specific dietary needs, determined case by case.					

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