



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19/6/2023	20/6/2023	21/6/2023	22/6/2023	23/6/2023
10/7/2023	11/7/2023	12/7/2023	13/7/2023	14/7/2023
Spaghetti Bolognese Cheese Green Salad Cucumber Tomato	Traditional meat balls with pourgouri Yogurt Green Salad Cucumber Tomato Bread	Peas with tomato sauce, carrots and potatoes Salad with tuna, sweet corn Cucumber Tomato Bread	Homemade chicken fingers Potato wedges Salad with cabbage and carrot Tomato Cucumber Bread	Fried squid Potatoes wedges Salad with cabbage and carrot Tomato Cucumber Bread
26/6/2023	27/6/2023	28/6/2023	29/6/2023	30/6/2023
17/7/2023	18/7/2023	19/7/2023	20/7/2023	21/7/2023
Pasta Napolitana Cheese Green Salad Cucumber Tomato	Burger Potato wedges Green Salad Cucumber Tomato	Lentils with rice Salad with tuna, sweet corn Cucumber Tomato Bread	Grilled chicken leg Rice Salad with cabbage and carrot Tomato Cucumber Bread	Hoki fish in the oven Rice Salad with cabbage and carrot Tomato Cucumber Bread
3/7/2023	4/7/2023	5/7/2023	6/7/2023	7/7/2023
24/7/2023	25/7/2023	26/7/2023	27/7/2023	28/7/2023
Pasta in the oven (Makaroniaournou) Cheese Green Salad Cucumber Tomato	Roasted meatball burger and potatoes Yogurt Green Salad Cucumber Tomato	Black eye beans Salad with tuna, sweet corn Cucumber Tomato Bread	Orzo with chicken Green salad Tomato Cucumber Bread	Fried squid Potatoes wedges Salad with cabbage and carrot Tomato Cucumber Bread