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| DATE | BREAKFAST (bread and mineral water are included) | LUNCH (bread and mineral water are included) | DINNER (bread and mineral water are included) | AFTERNOON SNACK/AFTER DINNER SNACK |
| Monday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Mushroom soup, Meat loaf – potatoes in the oven, Vegetable Salad, Spinach pie, Fresh cucumber or tomato, Fruit | Chicken-filet roasted in the oven, Rice, Greek salad, "FETA" cheese, Fruit |  |
| Tuesday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Tomato soup, Stuffed tomatoes-peppers with rice, Cabbage Salad, Cheese pie, Fresh cucumber or tomato, Fruit | Hamburger with fried potatoes, Green salad, "FETA" cheese, Fruit |  |
| Wednesday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Vegetable Soup, Spaghetti with becon and cheese, Lettuce salad, Fresh cucumber or tomato, Spinach pie, Fruit | Meat balls w/red sauce in the oven with rice, Tomato salad, "FETA" cheese, Fruit |  |
| Thursday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Chicken soup with noodles, Fish cooked in the oven with rice, Potato salad, Fresh cucumber or tomato, Cheese pie, Fruit | Shish kebab w/pita and garlic sauce, (tzatziki), potato cooked in the oven, Chef salad, "Edam" cheese, Fruit |  |
| Friday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Vegetable Soup, Pastitsio, Cabbage and carrot salad, Fresh cucumber or tomato, Spinach pie, Fruit | Snitchel w/French fries, Cucumber salad, "Edam" cheese, Fruit |  |
| Saturday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Meet soup with vegetables and rice, Beef with lazzania, Vegetable salad, Fresh cucumber or tomato, Fruit | Fried chiken with potato mush, Greek salad, "FETA" cheese, Fruit |  |
| Sunday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Mushroom soup, Special cooked pizza "Assorted meat", Cabbage salad, Fresh cucumber or tomato, Spinach pie, Fruit | Fish-sticks, Vegetable cooked in the oven mix, "FETA" cheese, Green salad, Fruit |  |
| Monday | Tea, Milk, Cold\Hot chocolate milk, Butter, Jam, Cheese, or Boiled eggs, Rice hot cereal (Kasha), Ham or Sausages, or Nutella portions, Cookies, | Meat broth with vegetables, Pork chop with roasted potato, Lettuce salad, Fresh cucumber or tomato, Cheese pie, Fruit | Mousakas, "FETA" cheese, Tomato salad, Fruit |  |