

Menu

Monday	
28-Aug	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Monday	
4-Sep	Spinach Soup
Main Dish	Brazilian Rumpsteak
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
11-Sep	Green Bean Soup
Main Dish	Bolognaise
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Monday	
18-Sep	Zucchini Soup
Main Dish	Chicken Drumsticks
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Monday	
25-Sep	Spinach Soup
Main Dish	Brazilian Rumpsteak
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
2-Oct	Green Bean Soup
Main Dish	Bolognaise
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Monday	
9-Oct	Zucchini Soup
Main Dish	Chicken Drumsticks
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Monday	
16-Oct	Spinach Soup
Main Dish	Brazilian Rumpsteak
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
23-Oct	Green Bean Soup
Main Dish	Bolognaise
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Monday	
30-Oct	Zucchini Soup
Main Dish	Chicken Drumsticks
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Tuesday	
29-Aug	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Tuesday	
5-Sep	Pumpkin Soup
Main Dish	Baked Hake
Side Dish	Boiled Potatoes & chickpea
Vegetables	Broccoli
Dessert	Fruit

Tuesday	
12-Sep	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Tuesday	
19-Sep	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Side Dish	Black-eyed Peas
Vegetables	roast Zucchini
Dessert	Fruit

Tuesday	
26-Sep	Pumpkin Soup
Main Dish	Baked Hake
Side Dish	Boiled Potatoes & chickpea
Vegetables	Broccoli
Dessert	Fruit

Tuesday	
3-Oct	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Tuesday	
10-Oct	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Side Dish	Black-eyed Peas
Vegetables	roast Zucchini
Dessert	Fruit

Tuesday	
17-Oct	Pumpkin Soup
Main Dish	Baked Hake
Side Dish	Boiled Potatoes & chickpea
Vegetables	Broccoli
Dessert	Fruit

Tuesday	
24-Oct	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Tuesday	
31-Oct	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Side Dish	Black-eyed Peas
Vegetables	roast Zucchini
Dessert	Fruit

Wednesday	
30-Aug	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Wednesday	
6-Sep	Broccoli Soup
Main Dish	Turkey Ham & Mushrooms Pizza
Side Dish	Included
Vegetables	Greek Salad
Dessert	Mango Mousse

Wednesday	
13-Sep	Carrot Soup
Main Dish	Duck Rice
Side Dish	Included
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Wednesday	
20-Sep	Red Bean Soup
Main Dish	Turkey Steak
Side Dish	Rice Noodles
Vegetables	Boiled Chinese Vegetables
Dessert	Strawberry Jelly

Wednesday	
27-Sep	Broccoli Soup
Main Dish	Turkey Ham & Mushrooms Pizza
Side Dish	Included
Vegetables	Greek Salad
Dessert	Mango Mousse

Wednesday	
4-Oct	Carrot Soup
Main Dish	Duck Rice
Side Dish	Included
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Wednesday	
11-Oct	HALF DAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Wednesday	
18-Oct	Broccoli Soup
Main Dish	Turkey Ham & Mushrooms Pizza
Side Dish	Included
Vegetables	Greek Salad
Dessert	Mango Mousse

Wednesday	
25-Oct	Carrot Soup
Main Dish	Duck Rice
Side Dish	Included
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Wednesday	
1-Nov	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
31-Aug	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
7-Sep	Cauliflower
Soup	Steamed Fish
Main Dish	Mashed Potatoes
Side Dish	roast Pumpkin
Vegetables	Fruit
Dessert	

Thursday	
14-Sep	Chickpea Soup
Soup	Fish Fingers
Main Dish	White Rice
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Thursday	
21-Sep	Watercress Soup
Soup	Hake Fillets
Main Dish	Mashed Potatoes
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Thursday	
28-Sep	Cauliflower
Soup	Steamed Fish
Main Dish	Mashed Potatoes
Side Dish	roast Pumpkin
Vegetables	Fruit
Dessert	

Thursday	
5-Oct	HOLIDAY
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
12-Oct	PARENT-TEACHER MEETINGS
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
19-Oct	Cauliflower
Soup	Steamed Fish
Main Dish	Mashed Potatoes
Side Dish	roast Pumpkin
Vegetables	Fruit
Dessert	

Thursday	
26-Oct	Chickpea Soup
Soup	Fish Fingers
Main Dish	White Rice
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Thursday	
2-Nov	Watercress Soup
Soup	Hake Fillets
Main Dish	Mashed Potatoes
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Friday	
1-Sep	Carrot Soup
Soup	Veal Meatballs
Main Dish	Carrot Rice
Side Dish	Boiled Cauliflower
Vegetables	Fruit
Dessert	

Friday	
8-Sep	Lentils Soup
Soup	Bolognaise
Main Dish	Pasta
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Friday	
15-Sep	White Bean Soup
Soup	Veal Hamburger
Main Dish	Roast Potatoes
Side Dish	roast Pumpkin
Vegetables	Fruit
Dessert	

Friday	
22-Sep	Carrot Soup
Soup	Veal Meatballs
Main Dish	Carrot Rice
Side Dish	Boiled Cauliflower
Vegetables	Fruit
Dessert	

Friday	
29-Sep	Lentils Soup
Soup	Bolognaise
Main Dish	Pasta
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Friday	
6-Oct	TEACHER'S MEETINGS
Soup	
Main Dish	
Side Dish	
Vegetables	
Dessert	

Friday	
13-Oct	Carrot Soup
Soup	Veal Meatballs
Main Dish	Carrot Rice
Side Dish	Boiled Cauliflower
Vegetables	Fruit
Dessert	

Friday	
20-Oct	Lentils Soup
Soup	Bolognaise
Main Dish	Pasta
Side Dish	roast Carrot
Vegetables	Fruit
Dessert	

Friday	
27-Oct	White Bean Soup
Soup	Veal Hamburger
Main Dish	Roast Potatoes
Side Dish	roast Pumpkin
Vegetables	Fruit
Dessert	

Friday	
3-Nov	Carrot Soup
Soup	Veal Meatballs
Main Dish	Carrot Rice
Side Dish	Boiled Cauliflower
Vegetables	Fruit
Dessert	

We use only vegetable cream because they have 30% less fat than those of animal origin