



AMERICAN FARM SCHOOL

“SUMMER ON THE FARM 2020” Menu for the 1st period

1st week

	breakfast	lunch
Tuesday 16/06	milk, pancakes with honey	spaghetti with minced meat salad, bread, fruit
Wednesday 17/06	milk, homemade jam-filled buns	baked fish fillet, couscous salad, bread, fruit
Thursday 18/06	milk, French toast, kasseri cheese	boneless chops, homemade mashed potatoes and fresh tomato sauce salad, bread, fruit
Friday 19/06	milk, apple pie	Greek stuffed tomatoes and peppers salad, feta cheese, bread, fruit
Saturday 20/06	milk, homemade cheese pie	chicken with orzo salad, bread, fruit

2nd week

	breakfast	lunch
Monday 22/06	milk, sandwich with butter, cheese and tomato	beef with fresh vegetables salad, feta cheese, bread, fruit
Tuesday 23/06	milk, omelet, round sesame bread	baked fish fillet with vegetable sauce and rice, salad, bread, fruit
Wednesday 24/06	milk, cereal	macaroni with fresh tomato sauce, cheese, salad, bread, fruit
Thursday 25/06	milk, homemade vanilla cake and homemade rice pudding	baked chicken with potatoes salad, fruit, bread
Friday 26/06	milk, cheese pierogi	meatballs, egg noodles, tomato sauce, salad, bread, fruit

Daily alternative breakfast (cereal or butter & honey)

2nd choice for breakfast for children with food allergy to dairy products.

Daily we offer juice after breakfast to each child.

Fruit: peaches, apricots, cherries, watermelon, melon, grapes, banana.

Products of the School used in the menu: milk, butter, eggs, all types of pasta, salads.