



# Summer on the Farm

2024

## Menu for the 1st period

### 1<sup>st</sup> week

	breakfast	lunch
Monday 17/06	milk, cereal	spaghetti with minced meat
Tuesday 18/06	milk, individual bun	baked fish fillet, couscous
Wednesday 19/06	milk, French toast, kasseri cheese	boneless chops, homemade mashed potatoes and fresh tomato sauce
Thursday 20/06	milk, slice of bread with butter and honey or jam	Greek stuffed tomatoes and peppers with rice and herbs, feta cheese
Friday 21/06	milk, homemade cheese pie	chicken with orzo

### 2<sup>nd</sup> week

	breakfast	lunch
Day off : Monday 24/06, Pentecost Monday		
Tuesday 25/06	milk, sandwich with turkey, cheese and tomato	macaroni with fresh tomato sauce, cheese
Wednesday 26/06	milk, omelet, round sesame bread	baked fish fillet and roasted potatoes
Thursday 27/06	milk, cereal	beef with fresh vegetables, feta cheese
Friday 28/06	milk, homemade vanilla cake and homemade rice pudding	fried chicken strips with parmesan sauce (optionally) and roasted potatoes
Saturday 29/06	milk, cheese pierogi	meatballs and risotto with chickpeas

**Lunch comes with salad, bread and fruit.**

**Daily** alternative breakfast (cereal or butter & honey) and a juice for each child.

**Meal planning** for children with food allergies.

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

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