

Meal Program for 1st Session

Week 1

| | breakfast | lunch |
|--------------------|---|--|
| Tuesday 16/06 | Milk, cereal, a slice of bread with butter and honey or jam | Spaghetti with meat sauce |
| Wednesday 17/06 | Milk, French toast and cheese | Baked fillet of perch with couscous |
| Thursday 18/06 | Milk, single-size tsoureki | Boneless steak, homemade mashed potatoes and fresh tomato sauce (optional) |
| Friday 19/06 | Milk, single-size cheese pie | Stuffed peppers with rice and herbs, feta cheese |
| Saturday 20/06 | Milk, a slice of bread with butter and honey or jam | Chicken giouvetsi |

Week 2

| | breakfast | lunch |
|--------------------|---|---|
| Monday 22/06 | Milk, turkey sandwich, cheese and tomato | Baked chicken nuggets with parmesan sauce (optional) and roasted potatoes |
| Tuesday 23/06 | Milk, omelet, bread ring | Beef with vegetables, feta cheese |
| Wednesday 24/06 | Milk, cereal, a slice of bread with butter and honey or jam | Baked fillet of perch with roasted potatoes |
| Thursday 25/06 | Milk, homemade vanilla cake and homemade pudding | Meatballs and vegetable risotto |
| Friday 26/06 | Milk, piroski with cheese | Traditional Greek pasta produced at the Farm School, with fresh tomato sauce (optional), cheese |

Lunch is served with salad, bread and fruit.

Daily breakfast alternative (cereal) and a juice box for each child.

Specially arranged meals for children with food allergies.

Fruit: apricots, cherries, watermelon, melon, grapes, bananas. **Farm School Products** used in the meal plan: milk, butter, cheese, eggs, traditional Greek pasta, salads.