











| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|--|
| SNACK | FRUIT | NATUR YOGHURT AND CORNFLAKES | BANANA AND BISCUITS | HAM&CHEESE TOAST | BUN WITH COTTAGE CHEESE |
| SOUP | TOMATO SOUP | GREEN PEA SOUP | POTATO SOUP WITH PASTA | LENTIL SOUP | CREAMY CAULIFLOWER SOUP WITH SOUP PEARLS |
| MAIN COURSE 1. | BREADED CAULIFLOWER OR MUSHROOM WITH JASMINE RICE & STEAMED CARROTS  | HUNGARIAN CHICKEN CASSEROLE WITH MARINATED CELERY  | TURKEY AND VEGETABLE MEATLOAF WITH MASHED POTATO AND GREEN BEANS  | RATATOUILLE CHICKEN WITH BULGUR AND STEAMED GREEN PEAS  | CHICKEN NUGGETS WITH RICE AND TRICOLOR VEGETABLES  |
| MAIN COURSE 2. <i>Vegetarian</i> | FALAFEL PLATE WITH FRIES AND GARDEN SALAD  | GREEK-STYLE POTATO PLATE WITH FETA CHEESE (ZUCCHINI, EGGPLANT, TOMATO, PEPPER, ONION)  | GRILLED CHEESE WITH RUCCOLA SALAD  | PASTA WITH ROASTED CABBAGE  | THAI NOODLES WITH VEGETABLES  |

ENJOY YOUR MEAL!