

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (1/6)	REINFORCEMENT	Assorted seasonal fruits / Rice crackers / Corn crackers with cheese / Whole milk (2)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Watercress soup	61	1,3	9,7	1,2
	MAIN COURSE	Crispy chicken with carrot rice (1, 3, 7, 10)	246	3,3	48,4	4,5
	DIET	Grilled turkey steak with penne and cooked spinach (1)	386	8,9	46,5	33,2
	VEGETARIAN	Stir-fried tofu and vegetables with carrot rice (6,12)	463	8,9	52	28
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Cake / Rye balls with cheese or butter / Yogurt with no added sugar (1.7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (2/6)	REINFORCEMENT	Assortment of seasonal fruits / Mixed-grain bread with butter or turkey (1, 6, 7, 8, 12)	62/159/210,8	0,4/3,3/12	13,7/21,8/21,5	0,9/3,7/9
	SOUP	Cream of zucchini	61	6,5	24,2	8,9
	MAIN COURSE	Tuna Lasagna (1,3,4,7)	246,4	11,5	25,6	12,9
	DIET	Baked redfish with rice, carrots, and steamed broccoli (4)	101	5	6	8
	VEGETARIAN	Vegetarian spinach and ricotta Lasagna (1,3,7)	35	0,2	4,1	1,3
	DESSERT	Assortment of seasonal fruits / Sugar-free egg pudding (3,7)	62/22	0,4/0	13,7/5	0,9/0
	SNACK	Whole milk / Rice and corn crackers with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
WEDNESDAY (3/6)	REINFORCEMENT	Assortment of seasonal fruits/Sugar-free cookies/Whole milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Green Bean Soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Strips of turkey with herbs, served with rice and a vegetable medley (1, 6, 9, 10, 11)	153	4,1	17,9	10,7
	DIET	Steamed chicken cutlets with fusilli and steamed broccoli (1)	321	10,4	28,4	27,7
	VEGETARIAN	Oven-baked vegetable fritters with carrot rice (1, 3, 6, 7, 8, 11, 12, 13)	109	2	16,4	4,3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Cheese or turkey ham mixed bread / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

HOLIDAY (4/6)						
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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
FRIDAY (5/6)	REINFORCEMENT	Assortment of seasonal fruits/Sugar-free cookies/Whole milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Cream of cauliflower	50	1,1	8,3	1,2
	MAIN COURSE	Braised pork cubes with spaghetti, broccoli, and bell peppers (1,3)	147	7,1	10,4	9,7
	DIET	Grilled beef steaks with rice and steamed baby carrots	338	8,52	28,4	34,3
	VEGETARIAN	Braised seitan strips with spaghetti, broccoli, and bell peppers (1,3,6)	119	3,2	13,5	8,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Cheese or turkey ham mix balls / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

Salads (3 varieties): Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.
Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

Notes: Menus may be subject to change depending on any needs. Prepared in accordance with the guidelines of circular no. 3097/DGE/2018 of the Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2) Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin; (14) Mollusks

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (8/6)	REINFORCEMENT	Assortment of seasonal fruits / Cereal bread with butter or cheese / Yogurt (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Turnip greens soup	40	1,2	5,8	1
	MAIN COURSE	Chicken Parmigiana with Fusilli (1)	415	11,3	29,1	47,9
	DIET	Pan-seared turkey cutlets with fusilli and steamed baby carrots (1)	338	8,52	28,4	34,3
	VEGETARIAN	Vegetarian Russian salad (potatoes, peas, chickpeas, corn, carrots, garlic, olive oil, and parsley) (3,10)	272	9,6	32,8	8,3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rice/corn cracker with fat-free cheese/whole milk (7)	232/47	10,9/1,6	20,2/4,9	7,6/3,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (9/6)	REINFORCEMENT	Assortment of seasonal fruits/Sugar-free cookies/Whole milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Cream of Pea	91,25	6,55	23,22	7,44
	MAIN COURSE	Tuna Puding (1,3,4,12)	208,4	5,09	25,25	22,32
	DIET	Grilled perch with plain rice and green beans (4)	198,4	2,54	23,45	19,72
	VEGETARIAN	Leek Quiche (1,3,7)	288	5,7	43	16,78
	DESSERT	Assortment of seasonal fruits / Chocolate mousse (1, 3, 7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Cheese or turkey ham mixed grain balls / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

HOLIDAY (10/6)

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
THURSDAY (11/6)	REINFORCEMENT	Carrot sticks/Rice crackers/Corn crackers with cheese/Whole milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Cream of white beans	114,4	6,7	29,7	9,5
	MAIN COURSE	Hake with onions, coriander rice with savoy cabbage and grated carrot (4)	142	5,8	12,8	8,8
	DIET	Oven-baked swordfish with a mix of steamed vegetables and boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Bean and carrot rice with green beans and sautéed diced tofu (1,6)	122	5,3	8,9	8,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Mixed grain balls with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
FRIDAY (12/6)	REINFORCEMENT	Selection of seasonal fruit/Sugar-free biscuits/Whole milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Coriander cream	91	6,55	23,22	7,4
	MAIN COURSE	Meat and mixed vegetable pie (minced veal) (1,3,7)	434	18,3	42,8	23,7
	DIET	Grilled chicken breast with rice and boiled carrots (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Soya and spinach pie (rice, soya granules, spinach, tomato, onion) (1,6,8)	319	6,1	30	29,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Mixed grain balls with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

Salads (3 varieties): Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale. Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (15/6)	REINFORCEMENT	Assortment of seasonal fruit / Cereal bread with turkey ham or cheese (1, 6, 7, 12)	62/143,2/154	0,4/1,7/3,02	13,7/23,14/22,9	0,9/7,32/7,76
	SOUP	Carrot soup	37	0,6	5,8	1,1
	MAIN COURSE	Pork mince with mint and fusilli pasta (1,6,10)	326	11,3	38,1	15,5
	DIET	Roast turkey leg, with fusilli and roasted pumpkin (1)	160	1,5	5	18
	VEGETARIAN	Fusilli with pesto sauce, mozzarella and tomatoes (1,7,8)	458	7,1	71,8	17,1
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Maria-style biscuits/White milk biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (16/6)	REINFORCEMENT	Carrot sticks/Rice cakes/Corn cakes with cheese/100% fruit juice (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Cream of lentil soup	167	3,6	21,05	9,7
	MAIN COURSE	Shredded cod stew (potatoes, cod, egg, chickpeas, carrots, onion, garlic, parsley) (3,4)	306	10,7	16,9	35,2
	DIET	Steamed perch fillets with plain rice and boiled broccoli (4)	110,3	0,86	11,22	13,64
	VEGETARIAN	Chickpea gratin with vegetables (leeks, courgettes and peppers) (1,6,8,11)	212,1	7,63	12,06	23,38
	DESSERT	Selection of seasonal fruits / Sugar-free jelly	62/7	0,4/0	13,7/0,5	0,9/1,8
	SNACK	Rye ball with butter or 100% fruit jam / Yoghurt with no added sugar (1,7,8)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
WEDNESDAY (17/6)	REINFORCEMENT	Assortment of seasonal fruit / Cereal bread with butter or cheese (1,7,8)	62/209/154	0,4/1,1,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Cream of spinach	57	6,4	23,6	8,0
	MAIN COURSE	Roast turkey thigh with orange and rosemary sauce, served with spinach rice (1,6,10)	538	22,9	35,4	32
	DIET	Braised chicken breast with pasta and baby carrots (1)	338	8,52	28,4	34,3
	VEGETARIAN	Oven-baked tofu burger with spinach rice (6)	399	7,5	66,5	7,5
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Rice/corn crisp with fat-free cheese/Whole milk (7)	232/47	10,9/1,6	20,2/4,9	7,6/3,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
THURSDAY (18/6)	REINFORCEMENT	Carrot sticks/Rice crackers/Cheese-flavoured corn crisps/White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Pumpkin soup	96	5,71	6,79	2,9
	MAIN COURSE	Steamed hake with coriander and golden roast potatoes (4)	343	7,4	37,0	29,3
	DIET	Baked hake with potatoes and boiled cauliflower (4)	101	5	6	8
	VEGETARIAN	Vegetable stew with soya (potatoes, soya, beans, carrots, tomatoes, onions and garlic) (1,6,8)	370	3,6	46,6	31,2
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Rye ball with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
FRIDAY (19/6)	REINFORCEMENT	Assortment of seasonal fruit / Cereal rolls with butter or cheese (1, 6, 7, 12)	62/143,2/154	0,4/1,7/3,02	13,7/23,14/22,9	0,9/7,32/7,76
	SOUP	Onion soup	51,5	6,4	24,7	8,3
	MAIN COURSE	Oven-baked duck and rice (6)	467	17,5	40,4	36,3
	DIET	Grilled beef steaks with white rice and cooked spinach	351	10,8	27,2	34,4
	VEGETARIAN	Vegetable crepes with carrot rice (1,2,3,4,6,7,9,10,12)	362	5,2	65,7	9,7
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Milk bread/Maria-style biscuits/White milk (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

Salads (3 varieties): Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.
 Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (22/6)	REINFORCEMENT	Assortment of seasonal fruit / Rice and corn biscuits with cheese / White milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Lombardo soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Chicken stroganoff with mushrooms, carrot rice and a lettuce and beetroot salad (7,12)	343	10,8	25,4	26,2
	DIET	Steamed turkey cutlets with carrot rice and steamed broccoli (12)	293	5,5	25,9	24,9
	VEGETARIAN	Seitan curry with mushrooms, carrot rice and a lettuce and beetroot salad (7,12)	356	11,4	40,6	22,8
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Rye ball with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (23/6)	REINFORCEMENT	Carrot sticks/Mixed bread with cheese or butter/Yoghurt (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	SOUP	Green bean soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Crispy hake with oven-baked citrus sauce and coriander rice (4)	102	2,9	9,8	8,8
	DIET	Boiled ling with potatoes, broccoli and carrots (4)	232	5,5	21,7	22,7
	VEGETARIAN	Mushroom pasties (1, 3, 7, 12)	265	15	28	4
	DESSERT	Selection of seasonal fruit/Pudding (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Whole milk / Rice and corn biscuits with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
WEDNESDAY (24/6)	REINFORCEMENT	Assortment of seasonal fruit / Rice and corn biscuits with cheese / 100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Leek soup	99	7,1	25,1	8,3
	MAIN COURSE	Braised beef meatballs with spaghetti and tomato salad (1, 6, 10, 12)	394	16,2	24,5	17,4
	DIET	Grilled chicken steak with pasta and mixed cooked vegetables (1,3,7,10,14)	190	1,8	23,2	19
	VEGETARIAN	Seitan, carrot, potato and onion tortilla (1,3)	265	10,5	32,4	8,1
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Mixed grain balls with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
THURSDAY (25/6)	REINFORCEMENT	Carrot sticks/Mixed bread with turkey ham/butter/Sugar-free yoghurt (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	SOUP	Cream of turnip and pumpkin	84,9	3,3	13,3	5,8
	MAIN COURSE	"Espiritual" Style Cod (1,2,3,4,7)	235	10	22	13
	DIET	Grilled aubergine with rice and boiled carrots (4)	218,3	0,8	36	14,6
	VEGETARIAN	Zucchini à la Brás (zucchini, onion, potato, carrot, leek) (3,7)	151	7	16	5
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Maria-style biscuits/White milk (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
FRIDAY (26/6)	REINFORCEMENT	Assortment of seasonal fruit / Rice and corn biscuits with cheese / White milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Cream of cabbage	81,8	5,8	21,2	6,4
	MAIN COURSE	Farmhouse-style chicken pasta with broccoli (1,12)	437	9,0	60,0	33
	DIET	Steamed turkey steak with carrot rice and steamed broccoli	351	10,8	27,2	34,4
	VEGETARIAN	Quinoa salad with spinach, feta, carrot, tofu and parsley (3,6,7,11,12)	259,8	6,3	15,1	4
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Rye ball with cheese or butter/Yoghurt with no added sugar (1,7)	154,2/209,2/42	3,1/1,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

Salads (3 varieties): Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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HOLIDAY (29/6)

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (30/6)	REINFORCEMENT	Selection of seasonal fruit/Sugar-free biscuits/Whole milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Vegetable soup	28	0,5	4,3	1,0
	MAIN COURSE	Baked sea bass with roast potatoes and steamed vegetables (4)	670	24,44	54,9	43
	DIET	Grilled sea bream with fusilli and cooked spinach (1,4)	303	6,9	31,9	26,9
	VEGETARIAN	Baked seitan with roast potatoes and steamed vegetables (1,6)	369	10,6	50,6	28,7
	DESSERT	Seasonal fruit/Vanilla pudding (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Mixed balls with cheese or turkey ham / Yoghurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

Salads (3 varieties): Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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