

|                  |                      |                                                                                           | V.E (kcal)     | F (g)          | C.H (g)       | P (g)         |
|------------------|----------------------|-------------------------------------------------------------------------------------------|----------------|----------------|---------------|---------------|
| MONDAY (2/11)    | <b>REINFORCEMENT</b> | Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7)               | 62/232         | 0,4/10,9       | 13,7/20,2     | 0,9/7,6       |
|                  | <b>SOUP</b>          | Bean and turnip greens cream soup                                                         | 126            | 3,15           | 18,6          | 8,8           |
|                  | <b>MAIN COURSE</b>   | Chicken and mushroom stroganoff with pea rice (1,7,10,12)                                 | 166            | 6,2            | 15,3          | 11,7          |
|                  | <b>DIET</b>          | Turkey cutlets cooked with plain rice                                                     | 160            | 1,5            | 5             | 18            |
|                  | <b>VEGETARIAN</b>    | Seitan stroganoff with mushrooms and pea rice (1,6,12)                                    | 213            | 5,5            | 31,3          | 8,5           |
|                  | <b>VEGETABLES</b>    | Steamed broccoli and carrots                                                              | 66             | 0,7            | 13,8          | 4,1           |
|                  | <b>DESSERT</b>       | Selection of seasonal fruits                                                              | 62             | 0,4            | 13,7          | 0,9           |
|                  | <b>SNACK</b>         | Rye roll with cheese or turkey ham / Yogurt 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)     | F (g)          | C.H (g)       | P (g)         |
| TUESDAY (3/11)   | <b>REINFORCEMENT</b> | Carrot sticks/Rice or corn cake with cheese/Plain milk (7)                                | 36/232         | 0,3/10,9       | 6,1/20,2      | 0,8/7,6       |
|                  | <b>SOUP</b>          | Onion cream                                                                               | 51,5           | 6,4            | 24,7          | 8,3           |
|                  | <b>MAIN COURSE</b>   | Tuna pot pie (3,4,7)                                                                      | 189            | 10,0           | 17,5          | 10,9          |
|                  | <b>DIET</b>          | Steamed fish with boiled potatoes (4)                                                     | 220            | 4,8            | 16,06         | 27,18         |
|                  | <b>VEGETARIAN</b>    | Quinoa salad with broccoli, feta, carrot, and parsley (1,6,7)                             | 277            | 20             | 16            | 7             |
|                  | <b>VEGETABLES</b>    | Steamed eggplant and zucchini                                                             | 50             | 0,7            | 9,5           | 2,5           |
|                  | <b>DESSERT</b>       | Selection of seasonal fruits/Crème brûlée (1,3,7)                                         | 62/96          | 0,4/1,4        | 13,7/18       | 0,9/2,9       |
|                  | <b>SNACK</b>         | No-added-sugar corn cereal/Milk (1,7)                                                     | 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)     | F (g)          | C.H (g)       | P (g)         |
| WEDNESDAY (4/11) | <b>REINFORCEMENT</b> | Selection of seasonal fruits/Cereal roll with butter or cheese/100% fruit juice (1,7,8)   | 62/209/154     | 0,4/11,84/3,02 | 3,7/22,6/22,5 | 0,9/2,48/7,76 |
|                  | <b>SOUP</b>          | Spinach cream                                                                             | 57             | 6,4            | 23,6          | 8,0           |
|                  | <b>MAIN COURSE</b>   | Oven-roasted turkey leg with penne (1,7,9)                                                | 94             | 4,3            | 6,5           | 6,5           |
|                  | <b>DIET</b>          | Grilled chicken strips with penne (1)                                                     | 268            | 8,4            | 23,3          | 23,6          |
|                  | <b>VEGETARIAN</b>    | Eggplant stuffed with tofu, carrots, and corn, topped with a layer of melted cheese (6,7) | 102            | 5              | 7,8           | 5,5           |
|                  | <b>VEGETABLES</b>    | Cooked spinach and carrots                                                                | 48             | 0,6            | 9,5           | 3,8           |
|                  | <b>DESSERT</b>       | Selection of seasonal fruits                                                              | 62             | 0,4            | 13,7          | 0,9           |
|                  | <b>SNACK</b>         | Maria-style/plain milk biscuits (1,3,7)                                                   | 171/47         | 6,6/1,6        | 26,1/4,9      | 2,7/7,6       |
|                  |                      |                                                                                           |                |                |               |               |
|                  |                      |                                                                                           | V.E (kcal)     | F (g)          | C.H (g)       | P (g)         |
| THURSDAY (5/11)  | <b>REINFORCEMENT</b> | Selection of seasonal fruits / Sugar-free biscuits / Yogurt with no added sugar (1,3,6)   | 62/232         | 0,4/10,9       | 13,7/20,2     | 0,9/7,6       |
|                  | <b>SOUP</b>          | Lentil cream soup                                                                         | 167            | 3,6            | 21,05         | 9,7           |
|                  | <b>MAIN COURSE</b>   | Oven-baked crispy hake with carrot rice (1,3,4,12)                                        | 211            | 11,7           | 21,3          | 4,8           |
|                  | <b>DIET</b>          | Steamed gilt-head bream with plain boiled rice (4)                                        | 165            | 3,2            | 13            | 18            |
|                  | <b>VEGETARIAN</b>    | Baked tofu with lemon sauce, served with carrot rice (6)                                  | 78             | 4,9            | 2,9           | 5,3           |
|                  | <b>VEGETABLES</b>    | Steamed cauliflower and broccoli                                                          | 54             | 0,7            | 10,4          | 4,1           |
|                  | <b>DESSERT</b>       | Selection of seasonal fruits                                                              | 62             | 0,4            | 13,7          | 0,9           |
|                  | <b>SNACK</b>         | Small sandwich roll with cheese or turkey ham / 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   |
|                  |                      |                                                                                           |                |                |               |               |
|                  |                      |                                                                                           | V.E (kcal)     | F (g)          | C.H (g)       | P (g)         |
| FRIDAY (6/11)    | <b>REINFORCEMENT</b> | Small rye roll with butter or fat-free cheese / 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   |
|                  | <b>SOUP</b>          | Spinach and pumpkin cream soup                                                            | 70,8           | 5,6            | 18,6          | 3,9           |
|                  | <b>MAIN COURSE</b>   | Beef (veal) lasagna and a mixed salad of lettuce and tomato (1,7)                         | 205            | 12,4           | 9,2           | 7,7           |
|                  | <b>DIET</b>          | Braised turkey cutlets with cooked fusilli (1)                                            | 268            | 8,4            | 23,3          | 23,6          |
|                  | <b>VEGETARIAN</b>    | Vegetable lasagna (1,3,7)                                                                 | 265            | 10,5           | 32,4          | 8,1           |
|                  | <b>VEGETABLES</b>    | Cooked Savoy cabbage and carrots                                                          | 57             | 0,5            | 11,8          | 3             |
|                  | <b>DESSERT</b>       | Selection of seasonal fruits                                                              | 62             | 0,4            | 13,7          | 0,9           |
|                  | <b>SNACK</b>         | No-added-sugar corn cereal/Milk (1,7)                                                     | 154,2/143,2/42 | 3,1/1,7/0,2    | 22,9/23,1/5,2 | 7,8/7,3/4,6   |

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

Menus are subject to change. Prepared in accordance with Circular No. 3097/DGE/2018 from the Directorate-General for Education. The meal contains or may contain:

(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

|               |               | V.E (kcal)                                                                  | F (g) | C.H (g) | P (g) |
|---------------|---------------|-----------------------------------------------------------------------------|-------|---------|-------|
| MONDAY (9/11) | REINFORCEMENT | Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7) |       |         |       |
|               | SOUP          | Zucchini cream soup                                                         |       |         |       |
|               | MAIN COURSE   | Pork loin stuffed with spinach and cooked fusilli (1,3,7,12)                |       |         |       |
|               | DIET          | Steamed turkey cutlets with cooked fusilli (1)                              |       |         |       |
|               | VEGETARIAN    | Soy and vegetable stew with fusilli (1,6)                                   |       |         |       |
|               | VEGETABLES    | Grilled bell pepper and courgette                                           |       |         |       |
|               | DESSERT       | Selection of seasonal fruits                                                |       |         |       |
|               | SNACK         | Rye roll/bun with cheese or butter / Yogurt with no added sugar (1,7)       |       |         |       |

|                 |               | V.E (kcal)                                                                        | F (g)        | C.H (g)    | P (g)          |           |
|-----------------|---------------|-----------------------------------------------------------------------------------|--------------|------------|----------------|-----------|
| TUESDAY (10/11) | REINFORCEMENT | Selection 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          | Turnip greens cream soup                                                          | 40           | 1,2        | 5,8            | 1         |
|                 | MAIN COURSE   | Oven-baked tilapia fillets with lemon sauce and cilantro rice (4)                 | 282          | 16,8       | 20,8           | 11,3      |
|                 | DIET          | Poached forkbeard with cilantro rice (4)                                          | 189          | 1,2        | 20,5           | 17        |
|                 | VEGETARIAN    | Quinoa salad with chickpeas and a mix of vegetables (broccoli and carrots)        | 157          | 5,7        | 18,9           | 6         |
|                 | VEGETABLES    | Steamed peas and carrots                                                          | 89           | 0,6        | 16,6           | 5,5       |
|                 | DESSERT       | Selection of seasonal fruits/Vanilla pudding (1,3,7)                              | 62/96        | 0,4/1,4    | 13,7/18        | 0,9/2,9   |
|                 | SNACK         | White milk/Rice or corn cakes with low-fat cheese (7)                             | 47/232       | 1,6/10,9   | 4,9/20,2       | 3,3/7,6   |

|                   |               | V.E (kcal)                                                                            | F (g)          | C.H (g)     | P (g)         |             |
|-------------------|---------------|---------------------------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| WEDNESDAY (11/11) | REINFORCEMENT | Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)                    | 62/232         | 0,4/10,9    | 13,7/20,2     | 0,9/7,6     |
|                   | SOUP          | Green bean cream soup                                                                 | 93,5           | 5,9         | 22,9          | 6,8         |
|                   | MAIN COURSE   | Beef pot pie with mashed potatoes and sautéed vegetables (carrots and zucchini) (3,7) | 245            | 12,4        | 15,2          | 7,7         |
|                   | DIET          | Grilled chicken strips with cooked penne (1)                                          | 200            | 5           | 8             | 21          |
|                   | VEGETARIAN    | Vegetable fritters with puree (1,3,7)                                                 | 390            | 9,2         | 58,3          | 16,9        |
|                   | VEGETABLES    | Vegetables incorporated into the dish                                                 | --             | --          | --            | --          |
|                   | DESSERT       | Selection of seasonal fruits                                                          | 62             | 0,4         | 13,7          | 0,9         |
|                   | SNACK         | No-added-sugar corn cereal/Milk (1,7)                                                 | 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)                                                              | F (g)          | C.H (g)     | P (g)         |           |
|------------------|---------------|-------------------------------------------------------------------------|----------------|-------------|---------------|-----------|
| THURSDAY (12/11) | REINFORCEMENT | Carrot sticks/Mixed-grain bread with cheese or butter/Yogurt (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          | Turnip greens cream soup                                                | 40             | 1,2         | 5,8           | 1         |
|                  | MAIN COURSE   | Codfish gratin with carrots, spinach, and shoestring potatoes (1,4,6,7) | 308            | 21,4        | 14,7          | 14,4      |
|                  | DIET          | Grilled swordfish with boiled potatoes (4)                              | 117,2          | 0,81        | 11,7          | 14,5      |
|                  | VEGETARIAN    | Soybeans with shoestring potatoes, carrots, and spinach (1,6,7)         | 434            | 21,4        | 30,4          | 29,3      |
|                  | VEGETABLES    | Vegetables incorporated into the dish                                   | --             | --          | --            | --        |
|                  | DESSERT       | Selection of seasonal fruits                                            | 62             | 0,4         | 13,7          | 0,9       |
|                  | SNACK         | White milk/Maria-style biscuits (7)                                     | 47/232         | 1,6/10,9    | 4,9/20,2      | 3,3/7,6   |

|                |               | V.E (kcal)                                                         | F (g)          | C.H (g)     | P (g)         |             |
|----------------|---------------|--------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| FRIDAY (13/11) | REINFORCEMENT | Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6) | 62/232         | 0,4/10,9    | 13,7/20,2     | 0,9/7,6     |
|                | SOUP          | Pea cream soup                                                     | 91,25          | 6,55        | 23,22         | 7,44        |
|                | MAIN COURSE   | Roasted chicken leg with citrus sauce and spaghetti (1)            | 184            | 5,4         | 20            | 12,2        |
|                | DIET          | Steamed turkey breast with boiled spaghetti (1)                    | 260            | 3           | 10            | 45          |
|                | VEGETARIAN    | Spaghetti with a stir-fry of mushrooms, seitan, and zucchini (1)   | 94             | 2,2         | 12,9          | 3,9         |
|                | VEGETABLES    | Sautéed spinach and carrots                                        | 48             | 0,6         | 9,5           | 3,8         |
|                | DESSERT       | Selection of seasonal fruits                                       | 62             | 0,4         | 13,7          | 0,9         |
|                | SNACK         | No-added-sugar corn cereal/Milk (1,7)                              | 154,2/143,2/42 | 3,1/1,7/0,2 | 22,9/23,1/5,2 | 7,8/7,3/4,6 |

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

|                |               | V.E (kcal)                                                                          | F (g) | C.H (g)    | P (g)          |                |               |
|----------------|---------------|-------------------------------------------------------------------------------------|-------|------------|----------------|----------------|---------------|
| MONDAY (16/11) | REINFORCEMENT | Selection of seasonal fruits/Cereal bread roll 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          | Coriander cream                                                                     |       | 91         | 6,55           | 23,22          | 7,4           |
|                | MAIN COURSE   | Beef burger with mashed potatoes (1,3,6,7,12)                                       |       | 294        | 16,2           | 24,5           | 17,4          |
|                | DIET          | Steamed turkey cutlets with plain boiled rice                                       |       | 198        | 2,2            | 15,4           | 17,6          |
|                | VEGETARIAN    | Spinach burger with oven-baked potatoes                                             |       | 338        | 12,8           | 47,6           | 6,1           |
|                | VEGETABLES    | Steamed leeks and carrots                                                           |       | 65         | 0,6            | 14             | 2,5           |
|                | DESSERT       | Selection of seasonal fruits                                                        |       | 62         | 0,4            | 13,7           | 0,9           |
|                | SNACK         | Rice/corn cake with fat-free cheese/Plain milk (7)                                  |       | 232/47     | 10,9/1,6       | 20,2/4,9       | 7,6/3,3       |

|                 |               | V.E (kcal)                                                         | F (g)          | C.H (g)     | P (g)         |             |
|-----------------|---------------|--------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| TUESDAY (17/11) | REINFORCEMENT | Selection of seasonal fruits/Sugar-free cookies/Plain 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   | Tuna salad with black-eyed peas, egg, carrot, and potato (3,14)    | 215            | 5,1         | 34,1          | 7,9         |
|                 | DIET          | Baked hake with plain rice (4)                                     | 101            | 5           | 6             | 8           |
|                 | VEGETARIAN    | Vegetable and mushroom tortilla (1,3,6,7)                          | 221            | 11,9        | 13,3          | 15          |
|                 | VEGETABLES    | Cooked broccoli and cauliflower                                    | 54             | 0,7         | 10,4          | 4,1         |
|                 | DESSERT       | Selection of seasonal fruits/Chocolate pudding (1,3,7)             | 62/96          | 0,4/1,4     | 13,7/18       | 0,9/2,9     |
|                 | SNACK         | No-added-sugar corn cereal/Milk (1,7)                              | 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)                                                                        | F (g)          | C.H (g)     | P (g)         |           |
|-------------------|---------------|-----------------------------------------------------------------------------------|----------------|-------------|---------------|-----------|
| WEDNESDAY (18/11) | REINFORCEMENT | Carrot sticks/Mixed-grain bread with turkey ham/butter/unsweetened yogurt (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          | Lentil cream soup                                                                 | 167            | 3,6         | 21,05         | 9,7       |
|                   | MAIN COURSE   | Fried rice (chicken) and tomato salad (1,3,6)                                     | 451            | 29,1        | 28,7          | 17,7      |
|                   | DIET          | Grilled turkey steak with rice, tomato salad                                      | 274            | 8,3         | 24,8          | 24        |
|                   | VEGETARIAN    | Egg fried rice and tomato salad (1,3,6)                                           | 300            | 12,3        | 32,7          | 13,5      |
|                   | VEGETABLES    | Sautéed cabbage and carrots                                                       | 55             | 0,4         | 11,5          | 2,8       |
|                   | DESSERT       | Selection of seasonal fruits                                                      | 62             | 0,4         | 13,7          | 0,9       |
|                   | SNACK         | Maria-style/plain milk biscuits (1,3,7)                                           | 171/47         | 6,6/1,6     | 26,1/4,9      | 2,7/7,6   |

|                  |               | V.E (kcal)                                                                            | F (g)          | C.H (g)     | P (g)         |             |
|------------------|---------------|---------------------------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| THURSDAY (19/11) | REINFORCEMENT | Carrot sticks/Rice or corn cake with cheese/Plain milk (7)                            | 36/232         | 0,3/10,9    | 6,1/20,2      | 0,8/7,6     |
|                  | SOUP          | Carrot cream                                                                          | 37             | 0,6         | 5,8           | 1,1         |
|                  | MAIN COURSE   | Fish pasta dish with broccoli and carrots (1,4)                                       | 449            | 8,6         | 35,3          | 38,8        |
|                  | DIET          | Boiled ling with potatoes and cauliflower (4)                                         | 333            | 9,7         | 32,1          | 28,6        |
|                  | VEGETARIAN    | Colorful broccoli salad (with carrot, onion, apple-like tomato, and cheese) (7)       | 356            | 6,4         | 49,7          | 12,2        |
|                  | VEGETABLES    | Steamed broccoli and carrots                                                          | 66             | 0,7         | 13,8          | 4,1         |
|                  | DESSERT       | Selection of seasonal fruits                                                          | 62             | 0,4         | 13,7          | 0,9         |
|                  | SNACK         | Small sandwich roll with cheese or turkey ham / 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 |

|                |               | V.E (kcal)                                                                      | F (g)          | C.H (g)     | P (g)         |             |
|----------------|---------------|---------------------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| FRIDAY (20/11) | REINFORCEMENT | Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)              | 62/232         | 0,4/10,9    | 13,7/20,2     | 0,9/7,6     |
|                | SOUP          | Spinach soup                                                                    | 57             | 6,4         | 23,6          | 8,0         |
|                | MAIN COURSE   | Spaghetti Bolognese with a salad of lettuce, tomato, and red cabbage (1,3,6,10) | 187,9          | 6,7         | 17,9          | 13,6        |
|                | DIET          | Cooked turkey leg with spaghetti (1)                                            | 225,3          | 4,5         | 28,4          | 16,8        |
|                | VEGETARIAN    | Lentil Bolognese with a salad of lettuce, tomato, and red cabbage (1,3,6,10)    | 147            | 7           | 16            | 5           |
|                | VEGETABLES    | Steamed cauliflower and broccoli                                                | 54             | 0,7         | 10,4          | 4,1         |
|                | DESSERT       | Selection of seasonal fruits                                                    | 62             | 0,4         | 13,7          | 0,9         |
|                | SNACK         | No-added-sugar corn cereal/Milk (1,7)                                           | 154,2/143,2/42 | 3,1/1,7/0,2 | 22,9/23,1/5,2 | 7,8/7,3/4,6 |

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

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|                |               | V.E (kcal)                                                                          | F (g)        | C.H (g)      | P (g)           |               |
|----------------|---------------|-------------------------------------------------------------------------------------|--------------|--------------|-----------------|---------------|
| MONDAY (23/11) | REINFORCEMENT | Selection of seasonal fruits/Cereal bread roll 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          | Turnip and pumpkin cream soup                                                       | 84,9         | 3,3          | 13,3            | 5,8           |
|                | MAIN COURSE   | Meatballs braised in tomato and basil sauce, served with garlic rice                | 564          | 23,9         | 60,3            | 25,7          |
|                | DIET          | Grilled chicken breast with plain rice (1)                                          | 225,3        | 4,5          | 28,4            | 16,8          |
|                | VEGETARIAN    | Lentil patties with tomato and oregano sauce, served with garlic rice (1,6,10)      | 575          | 10,5         | 33,6            | 24,5          |
|                | VEGETABLES    | Steamed cauliflower and broccoli                                                    | 54           | 0,7          | 10,4            | 4,1           |
|                | DESSERT       | Selection of seasonal fruits                                                        | 62           | 0,4          | 13,7            | 0,9           |
|                | SNACK         | Maria-style/plain milk biscuits (1,3,7)                                             | 171/47       | 6,6/1,6      | 26,1/4,9        | 2,7/7,6       |

|                 |               | V.E (kcal)                                                                             | F (g)          | C.H (g)     | P (g)         |             |
|-----------------|---------------|----------------------------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| TUESDAY (24/11) | REINFORCEMENT | Carrot sticks/Rice or corn cake with cheese/100% fruit juice (7)                       | 36/232         | 0,3/10,9    | 6,1/20,2      | 0,8/7,6     |
|                 | SOUP          | Onion cream                                                                            | 51,5           | 6,4         | 24,7          | 8,3         |
|                 | MAIN COURSE   | Salmon pasta dish with broccoli, carrots, and corn (1,4,6)                             | 515            | 33,4        | 24            | 29,1        |
|                 | DIET          | Cooked redfish with plain rice (4)                                                     | 101            | 5           | 6             | 8           |
|                 | VEGETARIAN    | Pasta stewed with lentils, zucchini, and white cabbage, seasoned with oregano (1,6,10) | 254            | 4,8         | 39,5          | 11,2        |
|                 | VEGETABLES    | Cooked spinach and carrots                                                             | 48             | 0,6         | 9,5           | 3,8         |
|                 | DESSERT       | Selection of seasonal fruits/Crème brûlée (1,3,7)                                      | 62/96          | 0,4/1,4     | 13,7/18       | 0,9/2,9     |
|                 | SNACK         | Rye roll with butter or 100% fruit spread / Yogurt 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)                                                                                  | F (g)          | C.H (g)        | P (g)          |               |
|-------------------|---------------|---------------------------------------------------------------------------------------------|----------------|----------------|----------------|---------------|
| WEDNESDAY (25/11) | REINFORCEMENT | Selection of seasonal fruits/Cereal bread roll with butter or cheese (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          | Savoy cabbage soup                                                                          | 200,9          | 3,9            | 30,2           | 15,2          |
|                   | MAIN COURSE   | Duck rice (6,7,12)                                                                          | 486            | 24             | 35,7           | 30,9          |
|                   | DIET          | Steamed turkey cutlets with spaghetti (1)                                                   | 338            | 8,52           | 28,4           | 34,3          |
|                   | VEGETARIAN    | White beans stewed with tomato, mushrooms, and bell peppers, served with spaghetti (1,6,10) | 565            | 14,3           | 75,8           | 23,3          |
|                   | VEGETABLES    | Sautéed cabbage and carrots                                                                 | 55             | 0,4            | 11,5           | 2,8           |
|                   | DESSERT       | Selection of seasonal fruits                                                                | 62             | 0,4            | 13,7           | 0,9           |
|                   | SNACK         | No-added-sugar corn cereal/Milk (1,7)                                                       | 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)                                                    | F (g)  | C.H (g)  | P (g)    |         |
|------------------|---------------|---------------------------------------------------------------|--------|----------|----------|---------|
| THURSDAY (26/11) | REINFORCEMENT | Carrot sticks/Rice or corn cake with cheese/Plain milk (7)    | 36/232 | 0,3/10,9 | 6,1/20,2 | 0,8/7,6 |
|                  | SOUP          | Leek cream soup                                               | 99     | 7,1      | 25,1     | 8,3     |
|                  | MAIN COURSE   | Tuna à Brás (3,4,6)                                           | 371    | 14,4     | 26,7     | 32,3    |
|                  | DIET          | Oven-baked swordfish with boiled sweet potato (4)             | 188    | 2,3      | 23       | 20,1    |
|                  | VEGETARIAN    | Quinoa salad with broccoli, feta, carrot, and parsley (1,6,7) | 277    | 20       | 16       | 7       |
|                  | VEGETABLES    | Cooked Savoy cabbage and carrots                              | 57     | 0,5      | 11,8     | 3       |
|                  | DESSERT       | Selection of seasonal fruits                                  | 62     | 0,4      | 13,7     | 0,9     |
|                  | SNACK         | Milk bread/Maria-style biscuits/Plain milk (1,3,7)            | 171/47 | 6,6/1,6  | 26,1/4,9 | 2,7/7,6 |

|                |               | V.E (kcal)                                                                      | F (g)          | C.H (g)      | P (g)           |               |
|----------------|---------------|---------------------------------------------------------------------------------|----------------|--------------|-----------------|---------------|
| FRIDAY (27/11) | REINFORCEMENT | Selection of seasonal fruits/Cereal bread roll 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          | Turnip and pumpkin cream soup                                                   | 84,9           | 3,3          | 13,3            | 5,8           |
|                | MAIN COURSE   | Chicken carbonara with fusilli pasta (1,6,10)                                   | 374            | 12,5         | 48,7            | 15,8          |
|                | DIET          | Braised turkey cutlets with fusilli pasta (1)                                   | 338            | 8,52         | 28,4            | 34,3          |
|                | VEGETARIAN    | Soy carbonara with mushrooms and fusilli pasta (1,6,8,10,11)                    |                |              |                 |               |
|                | VEGETABLES    | Steamed cauliflower and broccoli                                                | 54             | 0,7          | 10,4            | 4,1           |
|                | DESSERT       | Selection of seasonal fruits                                                    | 62             | 0,4          | 13,7            | 0,9           |
|                | SNACK         | No-added-sugar corn cereal/Milk (1,7)                                           | 154,2/143,2/42 | 3,1/1,7/0,2  | 22,9/23,1/5,2   | 7,8/7,3/4,6   |

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

Menus are subject to change. Prepared in accordance with Circular No. 3097/DGE/2018 from the Directorate-General for Education. The meal contains or may contain:

(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

|                |                      |                                                                              | V.E (kcal)     | F (g)       | C.H (g)       | P (g)       |
|----------------|----------------------|------------------------------------------------------------------------------|----------------|-------------|---------------|-------------|
| MONDAY (30/11) | <b>REINFORCEMENT</b> | Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7)  | 62/232         | 0,4/10,9    | 13,7/20,2     | 0,9/7,6     |
|                | <b>SOUP</b>          | Savoy cabbage soup                                                           | 200,9          | 3,9         | 30,2          | 15,2        |
|                | <b>MAIN COURSE</b>   | Turkey pasta bake with broccoli and carrots (1,3,7,14)                       | 206            | 8,5         | 18,7          | 13          |
|                | <b>DIET</b>          | Steamed turkey cutlets with plain boiled rice (12)                           | 293            | 5,5         | 25,9          | 24,9        |
|                | <b>VEGETARIAN</b>    | Spinach and carrot pot pie                                                   | 84             | 1,3         | 11,9          | 7,3         |
|                | <b>VEGETABLES</b>    | Sautéed spinach and carrots                                                  | 48             | 0,6         | 9,5           | 3,8         |
|                | <b>DESSERT</b>       | Selection of seasonal fruits                                                 | 62             | 0,4         | 13,7          | 0,9         |
|                | <b>SNACK</b>         | Rye roll with cheese or turkey ham / Yogurt 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 |