

| | Breakfast | Fruit bar | Lunch | Snack | Fruit bar |
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| MONDAY | Milk and Cornflakes | Apples | 1. Fish Soup ; 2. Spinach with rice, tomatoes and cucumbers salad with cheese , 3. Dried Fruits - mix | Toast with cheese, tea with lemon | Banana |
| TUESDAY | Wholegrain sandwich with butter and turkey ham , herbal tea with lemon | Banana | 1. Nettle Soup with cheese, 2. Meatballs with tomatoe sauce , salad ; 3. Choco pudding | Wholegrain sandwich with butter and blueberry jam, yoghurt drink | Apples |
| WEDNESDAY | Couscous with butter and cheese, tea | Apples | 1. Minesrtone Soup; 2. Fish with cream sauce and soutteed potatoes , 3. Milk Ashure | Home made Banitsa , Yoghurt drink | Vegetable sticks – cucumber and carrots |
| THURSDAY | Wholegrain sandwich with butter and turkey ham , tea with lemon | Kiwi | 1. Lentils Soup; 2. Schnitzel with garnish, Iceberg salad; 3. Yoghurt | Toast with yellow cheese, Yoghurt drink | Oranges |
| FRIDAY | Salty cake, fruit tea | Apples | 1. Cream Soup; 2. Risotto with vegetables, yellow cheese and quinoa; 3. Fruit Yoghurt | Wholegrain sandwich with butter and vegetables, tea | Oranges |
| SATURDAY | Yoghurt and wholegrain biscuits | Apples | 1. Spring Soup 2. Meatballs and salad; 3. Fruit Yoghurt | Homemade cheese buns, tea with lemon | Carrots |