

SUMMER CAMP MENU 2026

WEEK 1 (June 15-19)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEZHMEPI 12.45	Spaghetti with meat and tomato sauce - Kokinisto (+grated cheese)	Oven-baked chicken fillet with mashed potatoes	Stuffed tomatoes, feta cheese	Beef patties with oven-baked potatoes	Pastichio-Pasta and ground beef casserole with bechamel sauce
	Green Salad with corn	Tomato and cucumber Salad	Cabbage and carrot Salad	Tomato and cucumber Salad	Greek Salad with Feta cheese
	Fruit Salad (melon, pineapple, orange, apple)	Watermelon	Milk chocolate mousse	Fruit Salad (melon, pineapple, orange, apple)	Strawberries

WEEK 2 (June 22-26)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTERNOON 12.45	Pork Souvlaki with rice (+tomato sauce)	Cheeseburger with tomato and lettuce (+mayonnaise) and oven-baked potatoes	Pizza with cheese & tomato sauce	Chicken Souvlaki with rice (+tomato sauce)	Spaghetti Carbonara (+grated cheese)
	Greek Salad with Feta cheese	Ceasars Salad	Green Salad with corn	Cabbage and carrot Salad	Tomato and cucumber Salad
	Banana	Fruit Salad (melon, pineapple, orange, apple)	Melon	Fruit Salad (melon, pineapple, orange, apple)	Milk chocolate mousse

WEEK 3 (June 29 - July 3)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTERNOON 12.45	Oven-baked chicken fillet with mashed potatoes	Beef patties with oven-baked potatoes	Stuffed tomatoes, feta cheese	Spaghetti with meat and tomato sauce - Kokinisto (+grated cheese)	Pizza with cheese & tomato sauce
	Tomato and cucumber Salad	Tomato and cucumber Salad	Cabbage and carrot Salad	Green Salad with corn	Ceasars Salad
	Watermelon	Fruit Salad (melon, pineapple, orange, apple)	Milk chocolate mousse	Fruit Salad (melon, pineapple, orange, apple)	Melon

WEEK 4 (July 6-10)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTERNOON 12.45	Chicken Souvlaki with rice (+tomato sauce)	Oven-baked pork tenderloin with mashed potatoes	Pastichio-Pasta and ground beef casserole with bechamel sauce	Cheeseburger with tomato and lettuce (+mayonnaise) and oven-baked potatoes	Stuffed tomatoes, feta cheese
	Greek Salad with Feta cheese	Tomato and cucumber Salad	Greek Salad with Feta cheese	Ceasars Salad	Cabbage and carrot Salad
	Strawberries	Fruit Salad (melon, pineapple, orange, apple)	Milk chocolate mousse	Fruit Salad (melon, pineapple, orange, apple)	Milk chocolate mousse

WEEK 5 (July 13-17)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTERNOON 12.45	Beef patties with oven-baked potatoes	Pizza with cheese & tomato sauce	Spaghetti with tomato sauce (+grated cheese)	Roast pork with mashed potatoes	Pennes Carbonara (+grated cheese)
	Tomato and cucumber Salad	Green Salad with corn	Cabbage and carrot Salad	Greek Salad with Feta cheese	Green Salad with corn
	Strawberries	Watermelon	Fruit Salad (melon, pineapple, orange, apple)	Melon	Banana

* Juice is offered daily at 10:30 am.

* Every Tuesday and Thursday at 14:50pm (break-time) ice-cream is served.

* Every Monday, Wednesday and Friday, at 14:50pm (break-time) sandwiches (brioche or baguette with turkey and cheese) are offered.

* Each meal is accompanied by an individual serving of bread.

* The options in the parentheses are complementary and optional.

* A gluten-free meal is provided in cases of intolerance.