

## Lunch Menu...



- Day 1: Ratatouille with organic vegetables mix, slow cooked in the casserole, and feta cheese.  
Cherry tomatoes (organic) from the school garden.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 2: Yellow pumpkin pie with gruyere cheese and broccoli.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 3: Sour frumenty with feta cheese and butter.  
Cherry tomatoes (organic) from the school garden.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 4: Split peas with sundried tomatoes, caper and dry onion. Fried potatoes.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 5: Baked omelette with potatoes and fried vegetables  
Cherry tomatoes (organic) from the school garden.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 6: Lasagna with broccoli, mushrooms and feta cheese sauce.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.
- Day 7: Cabbage with rice cooked in the casserole and feta cheese  
Cherry tomatoes (organic) from the school garden.  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.

Day 8: Variety of veggie pizzas, pasta with sundried tomatoes and caper.  
Tzatziki  
Otia (fried bread bites)

Day 9: Risotto with mushrooms, gruyere cheese and fresh butter.  
Cherry tomatoes (organic) from the school garden  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.

Day 10: Pasta with organic vegetables and feta cheese  
Cabbage salad with apples, sunflower seeds, pomegranate and vinaigrette with honey, mustard and orange juice.

