 February

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday 1** | **Friday 2** | |
|  |  |  | Vegetable soup | Tomato and olive salad | |
|  |  |  | Rice with meat and vegetables | Omelette and beetroot salad | |
|  |  |  | Banana | Fresh fruit shake | |
| **In green** | Mediterranean Diet | **Wednesday 7** | **Thursday 8** |  | **Carnival Dishes** |  |
| Onion soup | **Tabbouléh** | Brocoli with garlic and paprika sauce | Scrambled mushrooms and eggs | **Pasta soup** | |
| Spaghetti with bolognese sauce | **Tuna (Corfú style )** | Squids with rice | Lentils with vegetables | **Carnival broth** | |
| Orange | **Pear** | Apple | Fresh fruit salad | **Carnival desserts** | |
| **Monday** | **Tuesday** | **Wednesday** | **In green** | **Friday 16** | |
|  |  |  | Tomato and oregano toasts | Chicken and vegetable soup | |
|  |  |  | Chickpea stew | Pork loin with garlic and potatoes | |
|  |  |  | Banana | Apple | |
| **Monday 19** | **Tuesday 20** | **In green** | **Thursday 22** | **Friday 23** | |
| Lettuce , carrot and olive salad | Leek soup | Cream of courgette soup | Sprouts salad | Meat pie | |
| Eggs with rice and tomato sauce | Salmon with soy and couscous | Macaroni with tomato and basil | Beef and potato stew | Bean and mussel stew | |
| Yoghurt with honey | Pear | Orange | Apple | Pineapple | |
| **In green** | **Tuesday 27** | **Wednesday 28** | **Thursday 29** |  | |
| Cream of carrot soup | Fish soup | Peas with garlic and paprika sauce | Cherry tomato and olive skewer |  | |
| Roasted pepper salad  with couscous | Chicken and macaroni stew | Sardines with potatoes and eggs | Lentils with ecologic sesame |  | |
| Banana | Pear | Orange | Fruit shake |  | |