 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 |  |