



FOOD PROGRAM

Our delicious food program is served daily Buffet Style.

WEEK 1

Monday

Lunch

- Oven baked Beef Roll with rice and mushrooms
- Spaghetti with pesto sauce
- Coleslaw Salad
- Roasted mixed vegetables
- Mustard Sauce

Dinner

- Braised Chicken or Lamb with Rice & Corn
 - Barley
 - Oven Potatoes
 - Greek Salad
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Tuesday

Lunch

- Chicken Drums in the Oven
- Braised Peas
- Oven Potatoes or Au gratin Potatoes
- White Rice
- Lettuce, Tomato and Cucumber Salad
- Penne with Neapolitan Sauce

Dinner

- Braised Meatballs in home made tomato sauce
- Spaghetti Bolognese
- White Rice

- Green Sala (Lettuce and Roka)
-

Wednesday

Lunch

- Traditional Greek Chicken Gyro served with Tomato, onion and Tzatziki sauce
- Crispy French Fries
- Spaghetti with Chef's sauce
- Lettuce and Tomato Salad
- Rice with grated carrot
- Pita bread

Dinner

- Traditional Greek Mousaka or Burger patties
 - White Rice
 - Cabbage and Carrot Salad
 - Crispy French Fries
 - Bowtie Pasta with Neapolitan Sauce
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Thursday

Lunch

- Chicken Fillet with Béarnaise sauce
- Rice assorted vegetables
- Spaghetti Carbonara
- Greek Salad

Dinner

- Meatballs in Tomato & Basil sauce
 - Curry Rice with tomato
 - Cold Penne Salad
 - Lettuce and Roka Salad
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Friday

Lunch

- Fish
- Potato salad
- Bowtie pasta with tuna or crabmeat with ouzo
- Chef's sauce for the Fish

- Cabbage & Carrot Salad

Dinner

- Chicken Roll with mushroom sauce
- Oven baked potatoes quartered
- Rice with Corn
- Spaghetti Carbonara
- Lettuce & Cucumber Salad

WEEK 2

Monday

Lunch

- Burger Patties
- Rice with Carrots
- Spaghetti Bolognese
- Crispy French Fries
- Greek Salad

Dinner

- Oven baked Turkey Roll
- Oven Lemon Potatoes
- White Rice
- Coleslaw Salad
- Penne with Neapolitan Sauce
- Steam Cauliflower or pumpkin

Tuesday

- Lunch
- Greek traditional “Giouvetsi” with Chicken
- Rice with Corn
- Spaghetti Bolognese
- Greek Salad
- Oven Potatoes

Dinner

- Chicken Kebab with Tzatziki and onions
- Crispy French Fries
- Pasta Salad

- Pita Bread
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Wednesday

Lunch

- Braised Meatballs
- Rice with a variety of vegetables
- Spaghetti Carbonara
- Lettuce & Roka Salad
- Mash Potatoes

Dinner

- Oven baked Pork Roll in pepper sauce
 - Oven Potatoes
 - Rice with Bacon
 - Lettuce, tomato and cucumber Salad
 - Penne with pesto sauce
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Thursday

Lunch

- Tender Chicken Nuggets
- Crispy French Fries
- Rice with Mushrooms
- Coleslaw Salad
- Pasta with Neapolitan Sauce

Dinner

- Perfectly Braised Beef with vegetables
 - Potatoes Au Grati
 - Curry Rice
 - Spaghetti Bolognese
 - Cabbage and Carrot Salad
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Friday

Lunch

- Lamb with peas
- Barley
- Rice with Cumin

- Greek Salad
- Boiled vegetables

Dinner

- Beef roll with egg
- Crispy French Fries or Oven potatoes
- Rice with Bacon
- Penne with Pesto sauce
- Lettuce, Tomato and Cucumber Salad

WEEK 3

Monday

Lunch

- Oven baked Beef Roll with rice and mushrooms
- Spaghetti with pesto sauce
- Coleslaw Salad
- Roasted mixed vegetables
- Mustard Sauce

Dinner

- Braised Chicken or Lamb with Rice & Corn
 - Barley
 - Oven Potatoes
 - Greek Salad
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Tuesday

Lunch

- Chicken Drums in the Oven
- Braised Peas
- Oven Potatoes or Au gratin Potatoes
- White Rice
- Lettuce, Tomato and Cucumber Salad
- Penne with Neapolitan Sauce

Dinner

- Braised Meatballs in home made tomato sauce
 - Spaghetti Bolognese
 - White Rice
 - Green Sala (Lettuce and Roka)
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Wednesday

Lunch

- Traditional Greek Chicken Gyro served with Tomato, onion and Tzatziki sauce
- Crispy French Fries
- Spaghetti with Chef's sauce
- Lettuce and Tomato Salad
- Rice with grated carrot
- Pita bread

Dinner

- Traditional Greek Mousaka or Burger patties
 - White Rice
 - Cabbage and Carrot Salad
 - Crispy French Fries
 - Bowtie Pasta with Neapolitan Sauce
-

Thursday

Lunch

- Chicken Fillet with Béarnaise sauce
- Rice assorted vegetables
- Spaghetti Carbonara
- Greek Salad

Dinner

- Meatballs in Tomato & Basil sauce
 - Curry Rice with tomato
 - Cold Penne Salad
 - Lettuce and Roka Salad
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Friday

Lunch

- Fish
- Potato salad
- Bowtie pasta with tuna or crabmeat with ouzo
- Chef's sauce for the Fish
- Cabbage & Carrot Salad

Dinner

- Chicken Roll with mushroom sauce
- Oven baked potatoes quartered
- Rice with Corn
- Spaghetti Carbonara
- Lettuce & Cucumber Salad

WEEK 4

Monday

Lunch

- Burger Patties
- Rice with Carrots
- Spaghetti Bolognese
- Crispy French Fries
- Greek Salad

Dinner

- Oven baked Turkey Roll
- Oven Lemon Potatoes
- White Rice
- Coleslaw Salad
- Penne with Neapolitan Sauce
- Steam Cauliflower or pumpkin

Tuesday

- Lunch
- Greek traditional "Giouvetsi" with Chicken
- Rice with Corn
- Spaghetti Bolognese
- Greek Salad
- Oven Potatoes

Dinner

- Chicken Kebab with Tzatziki and onions
- Crispy French Fries
- Pasta Salad

- Pita Bread
-

Wednesday

Lunch

- Braised Meatballs
- Rice with a variety of vegetables
- Spaghetti Carbonara
- Lettuce & Roka Salad
- Mash Potatoes

Dinner

- Oven baked Pork Roll in pepper sauce
 - Oven Potatoes
 - Rice with Bacon
 - Lettuce, tomato and cucumber Salad
 - Penne with pesto sauce
-

Thursday

Lunch

- Tender Chicken Nuggets
- Crispy French Fries
- Rice with Mushrooms
- Coleslaw Salad
- Pasta with Neapolitan Sauce

Dinner

- GRADUATION DINNER

(menu subject to change)
