







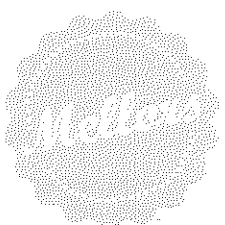
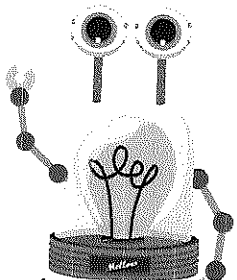




ΩΕΕΚ 1	ΜΟΝΔΑΨ	ΤΥΕΣΔΑΨ	ΩΕΔΝΕΣΔΑΨ	ΤΗΥΡΕΣΔΑΨ	ΦΡΙΔΑΨ
Μαριν μεσολεσ Ηαλαωλ (Η)	Chicken meatballs in a tomato sauce with spaghetti (H)	Chana daal with tanka and tamerind	Roast lamb with roast potatoes and gravy (H)	Chicken sausage with gravy and mash (H)	MSC Certified Fish of the day with chips
ΦΡΕΣΤΑΜΑΝ ΜΑΝ ΑΙΣΗ	Sweet potato and squash stew 	Vegetable keema curry with rice 	Vegetable cobbler and roast potatoes	Piri piri Quorn™ and bean pitta with a jacket potato 	Lentil and bean pattie with chips
ΑΧΧΟΜΠΑΝΙΜΕΝΤ 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
ΑΝΕΣΕΡΤΣ	Rabri 	Chocolate crunch	Rice pudding with fruit compote 	Oat and apricot crunch	Fruit and ice cream
ΦΡΕΣΗ ΦΡΥΓΓ & ΨΟΓΗΥΡΤ  	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
ΘΑΧΚΕΤ ΠΟΤΑΤΟ & ΣΑΝΔΩΙΧΗ ΣΕΛΕΧΤΙΟΝ	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU











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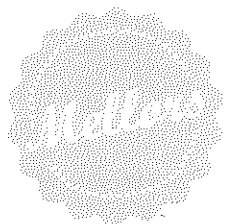


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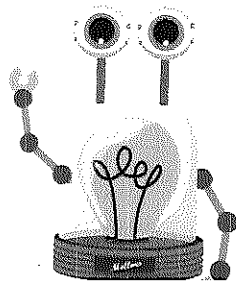


- HEALTHY OPTIC

ΩΕΕΚ 2	ΜΟΝΔΑΨ	ΤΥΕΣΔΑΨ	ΩΕΔΝΕΣΔΑΨ	ΤΗΥΡΣΔΑΨ	ΦΡΙΑΔΑΨ
Μουιν μεολσ Ηολσλ (H)	Jerk chicken with rice and peas (H) 	Malaysian dhal curry 	H) Roast chicken with sage and onion stuffing	(H) Lamb dhansak with rice 	MSC Certified Fish of the day with chips
ΒΕΓΕΤΑΡΙΑΝ ΜΑΙΝΑΔΙΣ	Stir fry Quorn with noodles, ginger, soy and pak choy 	Sweet potato and vegetable masala	Paneer butter lollypop sticks with sticky rice	Potato longboat filled with channa	Sweet potato and bean burger with chips
ΑΧΧΟΜΠΑΝΙΜΕΝ 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Mash potato Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Chips or mash potato Seasonal vegetables Salad bar
ΑΕΣΣΕΡΙΣ	Chocolate and banana slice	Mango lassi mouse	Apple berry fool 	Fruit crumble and custard 	Oaty biscuits
ΦΡΕΣΗ ΦΡΥΤ & ΨΟΓΗΥΡΤ 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
ΘΑΧΚΕΤ ΠΟΤΑΤΟ & ΣΑΝΔΩΙΧΗ ΣΕΛΕΧΤΙΟΝ	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



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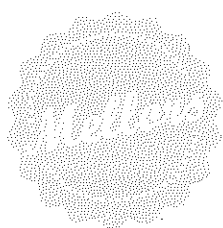


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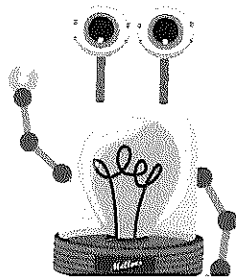


- HEALTHY OPTIC

ΩΕΕΚ 3	ΜΟΝΔΑΨ	ΤΥΕΣΔΑΨ	ΩΕΔΝΕΣΔΑΨ	ΤΗΥΡΕΣΔΑΨ	ΦΡΙΑΔΑΨ
Μαριν μεολοσ Ηολοολ (Η)	(Η) Jerk chicken with rice and peas	(Η) Lebanese chicken flatbread	Crispy baked dahl rissole	(Η) Lamb tagine with Mediterranean couscous	MSC Certified Fish of the day with chips
ΕΠΙΣΤΡΑΦΙΑΝ ΜΑΝΔΑΨΗ	Vegetable stir fry with noodles 	Sweet potato and vegetable hot pot 	Cauliflower and broccoli bake with roast potatoes 	Spicy vegetable and bean pittas with brown rice 	BBQ bean burger with chips
ΑΧΧΟΜΠΙΑΝΙΜΕΝΤ 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
ΔΕΣΣΕΡΤΙΣ	Plum yoghurt cake 	Courgette and apple muffin	Bananas and custard 	Kheer 	Shortbread biscuits and mandarins 
ΦΡΕΣΗ ΦΡΥΙΤ & ΨΟΓΗΥΡΤ 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
ΘΑΧΚΕΤ ΠΟΤΑΤΟ & ΣΑΝΔΩΙΧΗ ΣΕΛΕΧΤΙΟΝ	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



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