



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Coconut and raisin muffins	Mango and coconut chia pudding topped with fresh berries	Ricotta and chive scrambled eggs with toast fingers and fresh fruit	Greek yoghurt served with buckwheat and quinoa flakes, chia seeds, fresh melon, and honey	Brown rice, orange, and date smoothie served with cottage cheese toast
LUNCH	Fish and egg rice piaf with corn, celery, fresh beans, and herbs	Bean and mushroom vegetable sausage rolls	'Yiouretsaki' Baked beef risoni in tomato sugo with leek and carrot	'Biftekia me patates' Greek meatballs in lemon oregano gravy, roasted potatoes, and greek salad	Lamb tagine with sweet potatoes, ginger, and moroccan spices served with wholemeal cous cous
AFTERNOON TEA	Coconut custard topped with oat crumble, fresh berries, and coconut flakes	Mini vegetable pizzas on wholemeal muffins served with fruit	Date, coconut, and chia raw balls served with vegetable sticks	Sweet potato fritters served with tzatziki sauce and fresh fruit	Feta, parsley, and sweet capsicum pastry swirls served with fresh fruit