

WEEK THREE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

Greek yoghurt served with 3 grain cocoa puffs, chia seeds, coconut flakes, and fresh berries

'Rizogalo'
Greek style rice and cinnamon pudding topped with fresh berries

Sweet potato, lentil, and oat muffins served with fresh fruit

Blueberry, spinach, oat, and yoghurt smoothie served with tahini nutella toast

Boiled eggs and soldiers served with fresh fruit

LUNCH

'Mosharaki lemonato'
Beef casserole in zesty lemon broth with zucchini and mushroom served with brown rice

Roast lemon chicken with potato wedges and greek salad

Quinoa, chickpea, brown rice, and mixed vegetable bake topped with cheese

'Arnaki sto fourno'
Greek style roast lamb served with rice and greek salad

'Pastitio'
Greek style lasagne served with vegetable sticks

AFTERNOON TEA

Bread balls with fig, feta, and thyme served with fresh fruit

Homemade mixed seed raw granola balls served with vegetable platter

'Koloky thopita'
Zucchini slice with fresh herbs and kefalotyri cheese

Buckwheat and chia seed yoghurt banana loaf

Avocado rice crackers served with vegetable sticks