

Menu A										
Days of the week	Morning snack			Lunch				Afternoon snack		
	Snack	Fruits	Drinks	Soup	Main course	Salad	Drinks	Snack	Fruits	Drinks
Monday	Omelet with vegetables	Seasonal fresh fruits	Milk/Water	Meatball soup	Samsa with pumpkin	Sliced vegetables (cucumber, tomato) Salad (cabbage, cucumber, pepper)	Compote//Water	Bruschetta with vegetables	Seasonal fresh fruits	Juices in assortment
Tuesday	Oatmeal with fruits	Seasonal fresh fruits	Cocoa/Water	Ragout	Sushi	Sliced vegetables (carrot, paprika) Salad with cucumber and paprika, soy sauce	Lemonade/ Water	Sandwich	Seasonal fresh fruits	Juices in assortment
Wednesday	Baked "syrniki"	Seasonal fresh fruits	Yogurt/Water	Minestrone	Chicken French	Sliced vegetables (carrot, paprika) Salad with tomatoes and cucumbers	Compote/Water	Muffin with banana	Seasonal fresh fruits	Juices in assortment
Thursday	Panini with eggs and mozzarella	Seasonal fresh fruits	Compote/Water	Carrot cream soup	Beef stroganoff with roasted vegetables and maccheroni	Sliced vegetables (carrot, tomatoes) Vegetable salad with beans	Lemonade/ Water	Puff with jam	Seasonal fresh fruits	Juices in assortment
Friday	English sandwich	Seasonal fresh fruits	Juice/Water	Cheese soup	Baked fish with roasted vegetables	Sliced vegetables (cucumber, tomatoes) Greek salad	Compote/Water	Pita with vegetables	Seasonal fresh fruits	Juices in assortment

This menu is for all the classes. Secondary school will be provided with fruits and drinks for morning snacks

ESCA offers two menus (menu A and menu B). These menus will not be changed until the end of the term.