

Example Standard Menu

Breakfast: *White Cheese, eggs, yellow cheese, olives, salami, honey, marmalade, cucumber, tomato, coffee, fruit juice.*

1 st Day	Lunch	<i>Aubergine Moussakka, pasta, salad, fruit</i>
	Dinner	<i>Grilled Meatballs, rice, cheese filled pastry, salad, pudding</i>
2 nd Day	Lunch	<i>Green beans with meat, cracked wheat, salad, fruit</i>
	Dinner	<i>Tomato soup, chicken, potato salad, fruit</i>
3 rd Day	Lunch	<i>Zucchini Moussakka, pasta, salad, fruit</i>
	Dinner	<i>Meatballs, mashed potatoes, salad, fruit</i>
4 th Day	Lunch	<i>Stuffed egg plant, cracked wheat, salad, fruit</i>
	Dinner	<i>Steak, fried potatoes, Russian salad fruit</i>
5 th Day	Lunch	<i>Peas, rice, salad, fruit</i>
	Dinner	<i>Shish Kebab, fried egg plant, peppers, fried zucchini patties yoghurt</i>
6 th Day	Lunch	<i>Meatballs, pasta, salad, fruit</i>
	Dinner	<i>Chicken potatoes, rice, salad, fruit-yoghurt</i>
7 th Day	Lunch	<i>Stuffed Pepper, cakik, Fruit</i>
	Dinner	<i>Fish, rice, salad, fruit</i>