

Date	Moto	Gissa	Breakfast	Lunch	Dinner
Sat	FREE!!	FREE!!	Eggs, Potatoes etc.		Chicken Gyros w/Tzatziki Sauce
Sun	Bloc 12-6pm	FREE!!	Frittata w/Red Pepper & Onion	Chicken Gyros w/Tzatziki Sauce	Lentil Soup w/Sweet Potatoes
Mon	Bloc 8-6pm	School 730-2pm Preceptor 230-530pm	Greek Yoghurt w/ Berries & Nuts	Lentil Soup w/Sweet Potatoes	Curry??
Tues	Bloc & Music 8-8pm	School 8-8pm	Oatmeal w/Nuts & Apples Boiled Eggs?	Curry??	Chicken Rice Bowl w/ Sprouts
Weds	Bloc 8-6pm	School 8-4pm	Greek Yoghurt w/ Berries & Nuts	Chicken Rice Bowl w/ Sprouts	Garlic Lemon Herb Med Chicken & Potatoes Broccoli Carrots
Thurs	Bloc & Music 8-6pm	School 830-5pm	Oatmeal w/Nuts & Apples Boiled Eggs?	Garlic Lemon Herb Med Chicken & Potatoes Broccoli Carrots	Jerk Shrimp w/Pineapple Rice
Fri	Bloc 8-5pm	School 930-1130am	Frittata w/Red Pepper & Onion	Jerk Shrimp w/Pineapple Rice	
Sat	FREE!!	FREE!!	Whole grain toast w/ almond butter & fruit		
Sun	Bloc 12-6pm	FREE!!	Frittata w/Red Pepper & Onion		