

**MONDAY**

Grilled chicken fillets – potatoes with coriander

Pasta soufflé with vegetables

✓ Bean soup

**TUESDAY**

Beef bourgignon – mashed vegetables

Gefsinus burger with crispy bacon & cheese – served with traditional potatoes

✓ Cabbage and rice casserole

**WEDNESDAY**

Chicken soup

Artichokes ala polita

✓ Grilled salmon with fennel, leek & orange sauce – steamed vegetables

**THURSDAY**

Mix grill ( burger, chicken, sausage, pork side, pita bread) – potatoes with mustard

Meatballs a la mafia – mashed potatoes with cheddar

✓ Green beans with potatoes in tomato sauce

**FRIDAY**

Fried cod with rosemary sauce & garlic – steamed vegetables

Grilled chicken – country-style potatoes

✓ Tomatoes & peppers stuffed with rice

✓ Low calorie meal

**MONDAY**

Chicken thigh with sun-dried tomatoes and basil sauce – rice

Pasticcio

✓ Chickpeas soup

**TUESDAY**

Beef tas kebab – Egyptian rice

Burgers with Roquefort sauce – roast potatoes

Green peas with celery roots & fennel

✓ Wholegrain penne with tomato sauce, vegetables & “Anthotiro” cheese

**WEDNESDAY**

Crusted cod fillet – potato salad & tartare sauce

Chicken in tomato sauce with green beans

✓ Leek and rice casserole with carrots and dill

**THURSDAY**

Pork chops saltimbocca – rice with vegetable brunoise

Ragu zucchini with anthotyro cheese and thyme

✓ Meatballs soup in egg-lemon sauce with potatoes & carrots

**FRIDAY**

Chicken burger with coriander – potatoes a la crème

"Briam" mixed vegetables in tomato sauce

✓ Cuttlefish in tomato sauce – rice

✓ Low calorie meal

**MONDAY**

Chicken roll with wine sauce & vegetables – country-style potatoes

Crepes with ham & “Kasseri” cheese

✓ Minestrone alla Genovese

**TUESDAY**

Meatballs in tomato sauce – mashed potatoes with “Katiki” cheese & fresh thyme

Eggplants in the oven with cheese and tomato

✓ Penne with chicken, cherry tomatoes, zucchini & basil pesto

**WEDNESDAY**

Chicken fillet with BBQ sauce – bulgur with sundried tomato, vegetables & spices

Green peas in lemon sauce with artichokes & carrot

✓ Grilled fresh seabream with oil-lemon sauce – steamed vegetables

**THURSDAY**

Pork scallops with lemon & capers sauce – saffron rice

Linguine with shrimps, fennel & cherry tomatoes

✓ Spinach and rice casserole

**FRIDAY**

Chicken fillet stir fry with vegetables, ginger & soy – basmati rice

Cassoulet beans with sausages & vegetables

✓ Poached salmon with Martini and dill sauce – steamed vegetables

✓ Low calorie meal



**MONDAY**

Chicken thigh with lemon & thyme – rice with leek, bacon & mushrooms

Spaghetti au gratin with mushrooms & yellow cheeses

✓ Lentil soup

**TUESDAY**

Grilled burgers – roast potatoes

Okra in tomato sauce

✓ Veal soup with vegetables & pasta

**WEDNESDAY**

Crusted cod fillet – potato salad with tartare sauce

Turkey fillets with red pepper sauce – rice

✓ Mixed vegetables with feta cheese in the oven

**THURSDAY**

Mix grill (burger, chicken, sausage, pork side, pita bread) – potatoes with coriander

Green peas with artichokes & carrots in lemon sauce

✓ Penne with tomato sauce, tuna, peppers & capers

**FRIDAY**

Chicken kebab with corn pita bread & spicy yogurt sauce – mustard glazed potatoes

Spinach with bulgur and tomato sauce

✓ Salmon with caramelized orange, anise seed & coriander – steamed vegetables

✓ Low calorie meal