

01 - 05/04/2024

MONDAY

Wholegrain penne pasta with tomato sauce, vegetables & anthotyro cheese

Lentil soup

Chicken thigh fillet yiouvetsi with groats & dry mizithra cheese



TUESDAY

Breaded cod fillet fish with a crispy crust & potato salad with yogurt tartar sauce

Smyrna soutzoykakia with risotto & vegetable brunoise

Baked eggplants with tomato & cheese (the cheese is served separately)



WEDNESDAY

Chicken leg kontosouvli & baked potatoes with curry, rosemary & lemon

Tagliatelle pasta with beef ragout & chopped vegetables

Okra with olive oil stew



THURSDAY

Cabbage rice with herbs



Grilled patties with rice pilaf



Rigatoni pasta al freddo

FRIDAY

Chicken thigh fillet with sun-dried tomato & basil sauce served with wild pilaf rice



Veal soffrito with butter grits with herbs

Black beans stewed with scallions



WEEKLY MENU PLAN

APR



08 - 12/04/2024

MONDAY

Pork Anjem pilaf

Penne gratin pasta with
bacon, vegetables,
tomato & cheese

Artichokes ala polita



TUESDAY

Sicilian rigatoni pasta

Meatballs with fresh
coriander, ginger &
teriyaki sauce – Fried
rice

Green beans with
olive oil & tomato
stew, sweet potato
& fresh tomato



WEDNESDAY

Turkey fillets with citrus
sauce & carrot puree

Spinach with groats,
tomato & fennel

Beef Hunkiar
Begenti with roasted
eggplant puree



THURSDAY

Grilled pattie &
chicken with baked
potatoes

Farfalle pasta with
salmon & vodka

Eggplant imam



FRIDAY

Stir fry noodles with
vegetables & soy sauce

Traditional tomatoes-
peppers stuffed with
rice & herbs served
with baked potatoes

Beef with lemon
sauce & vegetable
puree



WEEKLY MENU PLAN

APR



15 – 19/04/2024

MONDAY

Grilled Chicken with Yoghurt, Curry, Cardamom & baked potatoes with coriander



Andros omelete with country sausage & potatoes



Rigatoni pasta with tomato & basil

TUESDAY

Breaded cod fish fillet with a crispy crust & potato salad with yogurt tartar sauce



Beans with olive oil stew

Wholegrain spaghetti pasta with Bolognese sauce made from fresh minced chicken & peppers



WEDNESDAY

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

Baked meatballs with sun-dried tomato & horseradish & vegetable puree



Barley with juvetsi vegetables



THURSDAY

Beef burger with goat cheese & honey mustard sauce served with traditional fries

Athenian pastitsio



Bean soup with herbs



FRIDAY

Chicken with fresh mushrooms, sour cream & mashed potatoes

Tortellini with cream cheese & crispy bacon

Peas with lemon sauce & potatoes



WEEKLY MENU PLAN

APR



22 - 26/04/2024

MONDAY

Grilled chicken with country potatoes

Artichokes with peas & potatoes

Penne pasta au gratin with ham & cheese



TUESDAY

Beef bourguignon & rice pilaf with peas

Wholegrain penne pasta with chicken, mushrooms, cream & Cretan graviera cheese

Leek rice with carrots, flavored with dill



WEDNESDAY

Grilled pork steak with cold tomato sauce & Lyonnaise potatoes

Chicken pattie with steamed vegetables

Giants slow-cooked in the oven



THURSDAY

Ground meat roll stuffed with Florini peppers & feta cheese - Baby baked potatoes

Wholegrain penne pasta with vegetable cubes, tomato & anthotyro cheese

Baked aubergines with tomato, fresh basil & feta cheese (separately)



FRIDAY

Fried chicken legs with xylopites pasta

Baked briam

Wine chickpeas with leek, fresh mint & muskmelon

