

WEEKLY MENU PLAN

MAR

gefsinus[®]
FOOD CULTURE

04 - 08/03/2024

MONDAY

Penne gratin pasta with
bacon, vegetables,
tomato & cheese

Chicken thigh
shortbread & baked
potatoes with curry,
rosemary & mustard



Zucchini with
xynomyzithra
cheese

TUESDAY

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



Linguini pasta with
cream
milk, fresh
mushrooms & white
wine

Shell beads with
myronia, spinach &
fresh fennel



WEDNESDAY

Grilled chicken fillets
with baked potatoes &
grilled vegetables



Cabbage rice with
aromatic herbs



Fresh beef with beer
sauce, mustard seed
& wild rice pilaf

THURSDAY

Mix grill Theme day



Peas in lemon sauce
with potatoes & herbs



Rigatoni with
Mani meat,
cherry tomatoes,
mushrooms,
orange & fresh
thyme

FRIDAY

Grilled Chicken Mosaic
with cheese & herbs
with White & Red
quinoa with fresh
vegetables

Fresh minced
meatballs, grilled with
feta cheese, mint, ouzo
& Cypriot talantouri
with mashed potatoes



Green beans with olive
oil stew & fresh tomato



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11 – 15/03/2024

MONDAY

Baked lasagna pasta with spinach, chicken, graviera cheese & tarragon

Fresh pork leg with aromatic orange & coriander sauce and rice pilaf

Sifneika chickpeas flavored with rosemary



TUESDAY



Meatballs a la mafia with vegetable purees

Penne pasta with 4 cheeses

Peas with celery root & fresh fennel



WEDNESDAY

Fresh chicken, roll with wine sauce & vegetables with baked baby potatoes

Spaghetti pasta Amatriciana

Tricolor lentil soup with anise



THURSDAY

Patties with oats, cheese, sour milk, tomato, pepper & basil served with oatmeal with herbs

Pastitsio with vegan meat & soy milk



Baked eggplant with tomato



FRIDAY

Fresh minced chicken meatballs with tomato & marjoram sauce with rice pilaf & peas

Steamed black-eyed beans with scallions



Pork souvlaki with pita, yogurt, dill & baked potatoes with mustard

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FOOD CULTURE

18 - 22/03/2024

MONDAY

CLEAN MONDAY

TUESDAY

Kebab made of fresh ground beef, grilled, with pita, yogurt sauce & paprika with baked potatoes



Pasticcio with fresh ground meat, Athenian

Oven giants beans



WEDNESDAY

Pork in lemon sauce with mustard, florini peppers & rice pilaf with turmeric

Spinach rice with fresh herbs



Chicken fajitas with beer, colorful peppers, cilantro, lime & mashed potatoes with cheddar



THURSDAY

Fresh minced meatballs with sassere sauce & rice pilaf with apricots & raisins

Okra with olive oil stew & fresh tomato



Rigatoni pasta with tomato & basil



FRIDAY

Chicken in a crispy parmesan & parsley batter & parmesan mashed potatoes

Veal with plums & oatmeal with goat butter & nuts

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



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25 - 29/03/2024

MONDAY

NATIONAL HOLIDAY

TUESDAY

Fresh grilled ground
meat patties & Baked
potatoes

Penne pasta with
chicken pieces,
mushrooms, cream &
Cretan graviera



WEDNESDAY

Fresh roasted chicken
with pepper gravy sauce
& baked potatoes with
coriander

Green beans with olive
oil stew, sweet potato
& tomato



Beef Hunkar
Begendi & roasted
eggplant puree

THURSDAY

Fried cod fish with
rosemary, garlic sauce
& Crisp potatoes

Lasagna pasta with
colorful vegetables au
gratin



Chickpeas with
tomato, cumin &
Florini peppers

FRIDAY

WESTERN GOOD
FRIDAY

