

WEEKLY MENU PLAN

MAY



06 - 10/05/2024

MONDAY

PUBLIC HOLIDAY

TUESDAY

PUBLIC HOLIDAY

WEDNESDAY

Beef with lemon sauce & rice pilaf



Peas with olive oil stew & potatoes



Tricolor fussili pasta with sun-dried tomato, feta cheese & olive



THURSDAY

Smyrnaean soutzoukakia & rice pilaf



Traditional imam eggplants



Spaghetti pasta carbonara

FRIDAY

Tandoori chicken with yogurt sauce & couscous with vegetables

Bolognese pasta

Lentil soup



WEEKLY MENU PLAN

MAY



13 - 17/05/2024

MONDAY

Spinach with rice



Lentil & rice with vegetables & curry



Athenian pastitsio

TUESDAY

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

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



Cretan vegetable stew with fresh herbs

WEDNESDAY

Country chicken leg with peppers, herbs & sun-dried tomato

Pork shoulder with dark beer & smoked paprika & potatoes with caramelized onion & feta cheese



Baked eggplant with tomato

THURSDAY

Meatballs with red sauce (ala mafia) & Egyptian rice pilaf

Stir fry noodles with colorful vegetables, soy sauce & fresh ginger



Okra cooked in the oven with tomato & fresh parsley
???€

FRIDAY

Pork kontosouvli marinated with paprika served with baked baby potatoes with cherry tomatoes & rosemary

Stuffed tomato & peppers with olive oil stew



Farfalle pasta with salmon



WEEKLY MENU PLAN

MAY



20 - 24/05/2024

MONDAY

Traditional Gefsinus Mousaka

Sifneika chickpeas with lemon & dill

Tagliatelle pasta with spinach cream, leek & feta cheese



TUESDAY

Cretan carbonara with whole linguine pasta, apaki & marjoram

Roasted green beans with red sauce & potatoes

Grilled meatballs with feta cheese, mint, ouzo, Cypriot talantouri cheese & rice with turmeric



WEDNESDAY

Lemon chicken leg & baked potatoes with fresh oregano

Penne pasta au gratin

Artichokes alla polita with vegetables & fresh dill



THURSDAY

Grilled patties with baked potatoes

Rigatoni pasta with fresh tomato sauce & eggplant cubes

Stuffed eggplants



FRIDAY

Mosaic chicken & baked potatoes with curry, rosemary, lemon & mustard

Tourlou vegetables

Tortellini pasta with 4 cheeses



WEEKLY MENU PLAN

MAY



27 - 31/05/2024

MONDAY

Linguini pasta with cream, mushrooms & white wine

Sautéed turkey fillet with chardonnay & fried capers served with groats, goat butter & nuts

Green beans with olive oil stew & fresh tomato



TUESDAY

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

Athenian pastitsio

Zucchini ragout with dry mizithra cheese



WEDNESDAY

Grilled pork steak with tomato, onion & Lyonnaise potatoes

Vegetables yiouvetsi

Chicken thigh fillet with red curry, lime, basil & basmati rice



THURSDAY

Minced meat roll stuffed with mushrooms & mustard sauce served with mashed potatoes with parmesan cheese

Penne pasta with cubes of vegetables, tomato & anthotyro cheese

Baked aubergines with tomato, feta cheese & fresh basil



FRIDAY

Chicken burger with brioche bread

Crepes with spinach

Baked Briam

