

06 - 10/11/2023

## MONDAY

Pork escallops with  
lemon & caper sauce –  
Oven potatoes  
φούρνου



Stir fry noodles with  
vegetables & soy sauce



Peas with fresh  
tomato, potatoes &  
aromatic  
Mediterranean  
herbs



## TUESDAY

Grilled patties from  
fresh minced meat with  
oats, tyrozouli, sour  
milk, tomato & basil –  
Red sweet potato puree  
with coriander & ginger

Wholegrain  
spaghetti pasta with  
chicken mince  
Bolognese, flavored  
with peppers

Eggplants with fresh  
tomato, feta cheese  
P.O.P. & basil



## WEDNESDAY

Meatballs from pork  
with sweet-sour sauce  
from pineapple &  
peppers – Basmati rice

Chicken leg fillet with  
sun-dried tomato sauce  
& basil – Potato puree

Traditional bean  
soup



## THURSDAY

Grilled pork steak with  
fresh aromatic tomato  
sauce – Oven  
potatoes/Steamed  
zucchini

Athenian pastitsio with  
fresh minced meat &  
fluffy bechamel

Spinach-rice with  
fresh Mediterranean  
herbs



## FRIDAY

Marinated chicken fillet  
with BBQ sauce –  
Couscous with  
vegetables & sun-dried  
tomato







Farfalle pasta with sun-  
dried tomato, feta  
cheese P.O.P. & olives

Moussaka from Athos  
mountain with  
eggplants &  
mushrooms





13 - 17/11/2023

<p><b>MONDAY</b></p>	<p>Grilled chicken with orange sauce – Potatoes with orange</p>		<p>Penne pasta au gratin with bacon, vegetables, tomato &amp; cheese</p>	<p>Traditional giant beans in the oven</p> 
<p><b>TUESDAY</b></p>		<p>Veal kebab with pita, yogurt sauce &amp; paprika – Oven potatoes with carry, rosemary, lemon &amp; mustard</p>	<p>Penne pasta with chicken bites, tomato cherries, zucchini &amp; basil pesto</p>	<p>Peas with artichokes &amp; carrots, dill &amp; lemon zest</p> 
<p><b>WEDNESDAY</b></p>	<p>Cod with crispy breaded crust with potato salad &amp; yogurt tartar sauce</p>		<p>Leek-rice with fresh aromatic herbs</p> 	<p>Grilled chicken patty – Steamed vegetables</p>
<p><b>THURSDAY</b></p>		<p>Meatballs from fresh minced meat with feta cheese, mint, ouzo &amp; Cypriot talandouri cheese – Couscous with goat butter &amp; dried nuts</p>	<p>Lasagna pasta in the oven with spinach, chicken, graviera cheese &amp; estragon</p>	<p>Traditional vegetables brian in the oven with fresh mint</p> 
<p><b>FRIDAY</b></p>	<p>Chicken leg marinated with teriyaki &amp; soy sauce – Fried rice</p>		<p>Zucchini soup with ginger &amp; turmeric</p>	



WEEKLY MENU PLAN

# NOV



20 - 24/11/2023

MONDAY

Pork with plums –  
Basmati rice with peas

Lasagna pasta with  
Bolognese layers from  
fresh minced meat &  
mozzarella cheese

Chickpea soup



TUESDAY

Grilled traditional  
patties – Baby tomatoes  
in the oven

Green beans with fresh  
tomato sauce

Crepes with spicy  
chicken, peppers,  
tomato & smoked  
cheese



WEDNESDAY

Grilled chicken – Grilled  
potatoes with mustard  
sauce

Cabbage breze with  
white & red quinoa,  
Florina's peppers &  
cumin



THURSDAY



FRIDAY





WEEKLY MENU PLAN

NOV-DEC



27/11 - 01/12/2023

MONDAY

Pork care with honey & cognac sauce – Risotto with leek, bacon & mushrooms

Panna pasta au gratin in the oven

Three-color lentil soup with aniseed



TUESDAY

Papardelle with mushrooms, white wine and cream

Soutzukakia from Smyrna with fresh minced meat – Potato puree

Okra from fresh tomato sauce



WEDNESDAY

Breaded cod fillet with crispy crust – Potato salad & yogurt tartar sauce

Stir fry chicken fillet with vegetables, ginger & soy sauce – Aromatic basmati rice

Mushroom soup with fresh & wild forest mushrooms



THURSDAY

Sioufichta with smoked turkey, spinach, leek & masticha

Spinach-rice with Mediterranean aromatic herbs

Pork shoulder blade cooked in a pot with black beer & smoked paprika – Chickpea soup with a leek



FRIDAY

Chicken leg skewer – Baby tomatoes in the oven with tomato cherries & rosemary

Wholegrain spaghetti pasta Bolognese from soy mince

Traditional stuffed tomatoes & peppers

