

WEEKLY MENU PLAN

OCT

gefsinus[®]
FOOD CULTURE

02 - 06/10/2023

MONDAY

Chicken skewer –
Potatoes with thyme

Penne with tomato
sauce, mushrooms &
crispy bacon

Green beans with
fresh tomato &
sweet potatoes



TUESDAY

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

Stuffed minced meat
roll with peppers &
feta cheese – Wild rice
pilaf

Cretan carbonara with
wholegrain linguini
pasta, apaki & graviera
cheese

Spinach with
couscous, tomato &
fennel



WEDNESDAY

Veal hunkar begendi

Pappardelle pasta with
tomato, feta cheese,
olives, and fresh fennel

Mushroom soup with
fresh thyme cream

Chicken leg skewer
– Potatoes in the
oven with curry,
rosemary, lemon &
mustard



THURSDAY

Sweet-sour pork with
plums – Couscous with
herbs

Steamed beans

Lasagna pasta au gratin
with vegetables &
mozzarella cheese



FRIDAY



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09 - 13/10/2023

MONDAY



TUESDAY

Meatballs from fresh minced meat with fresh coriander, ginger & teriyaki sauce – Couscous with vegetables



Penne pasta with chicken, tomato cherries, zucchini & basil pesto of our production

Eggplants in red sauce, feta cheese and basil

WEDNESDAY

Chicken leg pastitsada



Peas with celery root & fresh fennel



Burger with fresh minced meat of our production, goat cheese, honey mustard sauce – traditional potatoes

THURSDAY

Grilled pork leg with orange sauce and coriander – Potatoes in the oven with caramelized onion

Lasagna pasta in the oven with spinach, chicken, graviera cheese & estragon



Three-color lentil soup with aniseed



FRIDAY

Fresh chicken fillet stir fry with colorful vegetables, ginger & soy sauce – Basmati rice

Giant beans in the oven



Athenian pastitsio

WEEKLY MENU PLAN

OCT

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FOOD CULTURE

16 - 20/10/2023

MONDAY

Grilled chicken leg with
mustard sauce –
Vegetables puree

Fried pork with
peppers, rosemary &
olive slice – Rice pilaf
with turmeric

Peas with fresh
tomato, potatoes &
fennel



TUESDAY

Soutzoukakia from
Smyrna – Rice pilaf

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

Traditional mixed
vegetables with
fresh aromatic herbs



WEDNESDAY

Chicken leg fillet
yiouvetsi with couscous
& dry myzithra cheese

Spaghetti pasta
Bolognese

Traditional beans soup



THURSDAY

Slow-cooked pork
skewer – Oven potatoes

Colorful stuffed
peppers with couscous,
chicken, wild
mushrooms,
vegetables & Cretan
graviera cheese

Chickpeas from
Sifnos island



FRIDAY

Grilled veal kebab with
fluffy pita, yogurt,
tomato & onion –
Potatoes with coriander

Grilled chicken fillets –
Boiled zucchinis &
carrots

Barley with vegetables



WEEKLY MENU PLAN

OCT

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FOOD CULTURE

23 - 27/10/2023

MONDAY

Lasagna pasta
Bolognese with minced
meat & mozzarella
cheese

Lentil soup



Kleftiko pork
shoulder with
cheese sauce - Baby
potatoes

TUESDAY

Grilled patties from
fresh minced meat –
Oven potatoes / Grilled
vegetables



Cabbage rice with fresh
aromatic herbs



Chicken leg fajitas
with beer, peppers
& coriander –
Basmati rice

WEDNESDAY

Stuffed chicken roll with
kasseri cheese & roast
sauce with sage –
Potatoes with orange

Veal tas kebab – Rice
pilaf etzipienne

Penne pasta with 4
cheeses

Black-eyed beans



THURSDAY

Yiouvarlakia with egg-
lemon sauce with
potatoes & carrot

Lasagna pasta au gratin
with spinach, leek,
mushrooms & kasseri
cheese

Okra with fresh
tomato



FRIDAY

Grilled chicken with
estragon – Couscous
with sun-dried tomato
& aromatic herbs



Tortellini pasta with
cheeses cream & crispy
bacon

Green beans

WEEKLY MENU PLAN

OCT-NOV

gefsinus®
FOOD CULTURE

30/10 - 03/11/2023

MONDAY

Pork bites with sun-dried tomato & feta cheese – Chickpea puree with leek

Grilled chicken skewer – Πατάτες lioness /Steamed broccoli



Lentil soup



TUESDAY

Cod fish-soup with egg-lemon sauce

Meatballs espagnole with sweet peppers – Rice with saffron

Wholegrain penne pasta with tomato sauce, vegetables and Cretan anthotyro

Artichokes a la polita with fresh Mediterranean herbs & lemon zest



WEDNESDAY

Noodles stir fry with colorful vegetables, ginger & soy



Green beans with fresh tomato & sweet potatoes



Veal a la crème with mushrooms – Risotto with colorful vegetable cubes

THURSDAY

Gefsinus burger from fresh minced meat with goat cheese & honey mustard sauce - traditional potatoes

Pork with lemon sauce, mushrooms & Florini's peppers – Rice pilaf

Chickpeas cooked in a pot with leek, zucchinis, carrot & yellow curry paste



FRIDAY

Stuffed minced meat roll with mushrooms & mustard sauce – Potato puree

Tandoori chicken marinated with yogurt- Couscous with colorful vegetables



Traditional stuffed tomatoes & peppers with rice & fresh aromatic herbs

