

WEEKLY MENU PLAN

# DEC



05 - 09/12/2022

MONDAY

Pork steak cooked with wine – Baby Potatoes

Traditional Athenian pastitsio with fluffy bechamel & fresh minced beef

Chickpea soup with lemon



TUESDAY

Grilled patties from fresh minced beef with Roquefort cheese sauce – Oven potatoes

Leek-rice with carrots & fresh anise



Beef soup with trachana, colorful vegetables, & curry



WEDNESDAY

Chicken leg fillet casserole with couscous & sour mizithra cheese

Wholegrain penne pasta with tomato sauce, vegetables & Cretan anthotyro cheese

Peas with fresh tomato & potatoes



THURSDAY

Meatballs from minced beef with tomato sauce & peppers – Rice with saffron

Roast pork with honey and mustard – Mashed fresh potatoes

Vegetable briam with fresh tomato & fresh mint



FRIDAY

Fresh grilled chicken marinated with yogurt, cardamom & curry – Basmati rice

Beans cooked in oil





# WEEKLY MENU PLAN

# DEC



12 - 16/12/2022

## MONDAY

Zurich chicken with fresh mushrooms & sour cream – Baked potatoes with Parmesan cheese

Fresh cooked pork with ajem pilaf

Okra cooked in a pot



## TUESDAY

Veal with plums & red wine – Mashed fresh potatoes

Fresh minced meatballs with ginger & teriyaki sauce – Chickpea puree with leek

Spinach-rice with fresh Mediterranean herbs

Thai soup with chicken, mushrooms, lime & coconut milk



## WEDNESDAY

Chicken fajitas with beer, peppers, & coriander – Flavored basmati rice

Tortellini pasta a la crème with mushrooms

Peas with artichokes, carrots & lemon zest

Cod soup with egg-lemon sauce



## THURSDAY

Fresh pork with honey, orange & curry – Couscous with goat butter, nuts & raisins

Gefsinus burger – Country potatoes

Traditional giant beans in the oven



## FRIDAY

Cod fillet with crispy crust – Potato salad with yogurt tartar

Tagliatelle pasta with beef ragout & chopped vegetables

Lentil soup

Patties from fresh chicken ground meat – White & red quinoa with fresh flavored herbs





# WEEKLY MENU PLAN

# DEC



19 - 23/12/2022

MONDAY

Pork cooked in a pot with celery

Grilled chicken fillets – Mashed potatoes with fresh thyme & katiki Domokou cheese

Handmade leek-cheese pie with Epirus feta cheese

Mushroom velouté soup



TUESDAY

Veal kebabs - Etziptien pilaf rice

Chicken tacos with pepper, corn & cheddar cheese

Yiuvarlaka with egg lemon sauce, potatoes & carrots



WEDNESDAY

Fresh tandoori chicken with yogurt sauce – Couscous with vegetable cubes

Cod fillet with crispy crust – Potato salad with yogurt tartar

Peas with potatoes



THURSDAY

Mix grill (patty, chicken, Cretan sausage, pancetta, pitaki) – Oven potatoes

Tagliatelle pasta with spinach cream, leek, & feta cheese P.O.P.

Cabbage-rice flavored with herbs



FRIDAY

