### **WEEKLY MENU PLAN**

# DEC



05 - 09/12/2022

**AONDA** 

Pork steak cooked with wine – Baby Potatoes

Traditional Athenian pastitsio with fluffy bechamel & fresh minced beef

Chickpea soup with lemon





**LUESDAY** 

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

Leek-rice with carrots & fresh anise

Chicken leg fillet

couscous & sour

mizithra cheese

casserole with



Beef soup with trachana, colorful vegetables, & curry



**NEDNESDA** 

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

Roast pork with honey and mustard – Mashed fresh potatoes Wholegrain penne pasta with tomato sauce, vegetables & Cretan anthotyro cheese

Peas with fresh tomato & potatoes





Vegetable briam with fresh tomato & fresh mint





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

Beans cooked in oil





### **WEEKLY MENU PLAN**

12 - 16/12/2022

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

Fresh cooked pork with ajem pilaf

Okra cooked in a pot





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

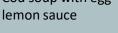
Chicken fajitas with beer, peppers, & coriander – Flavored basmati rice

Tortellini pasta a la crème with mushrooms

Peas with artichokes, carrots & lemon zest

Cod soup with egg-







Cod fillet with crispy crust - Potato salad with yogurt tartar

Fresh pork with honey,

orange & curry -Couscous with goat butter, nuts & raisins Gefsinus burger -Country potatoes

Traditional giant beans in the oven





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

MONDA

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





Veal kebabs - Etziptien pilaf rice

Chicken tacos with pepper, corn & cheddar cheese

Yiuvarlakia with egg lemon sauce, potatoes & carrots





Fresh tandoori chicken with yogurt sauce – Couscous with vegetable cubes

Cod fillet with crispy crust – Potato salad with yogurt tartar

Peas with potatoes





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







