

06 - 10/03/2023

MONDAY

Penne pasta gratine
with bacon, vegetables,
tomato & cheese

Chicken leg skewer –
Oven potatoes with
curry, rosemary &
mustard

Zucchinis with sour
myzithra cheese



TUESDAY

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

Yiouvarlakia with
egg-lemon sauce
with potatoes &
carrot

Rigatoni pasta with
salted pork meat from
Mani, tomato cherries,
mushrooms, orange &
fresh thyme

Beans cooked in a
pot with myronia,
spinach & fresh
fennel



WEDNESDAY

Grilled chicken fillets –
Potatoes in the oven
with grilled vegetables

Wholegrain spaghetti
pasta Bolognese from
soy mince

Cabbage-rice with
aromatic herbs

Fresh veal with beer
sauce & mustard
seed – Wild rice pilaf



THURSDAY

Fresh pork escalops,
sauteed with sun-dried
tomato sauce, wine &
thyme – Rice pilaf with
mushrooms

Peas cooked in lemon
sauce with potatoes &
aromatic herbs

Linguini pasta with
milk cream, fresh
mushrooms & white
wine



FRIDAY

Chicken mosaic in the
grill with cheese &
aromatic herbs – White
& red quinoa with fresh
vegetables

Meatballs from fresh
ground meat, grilled
with feta cheese, mint
ouzo & Cypriot
talantouri – Potato
puree

Green beans cooked in
olive oil with fresh
tomato

Penne pasta with
vegetable sauce



13 – 17/03/2023

MONDAY

Crepes with spicy chicken & peppers, tomato & smoked cheese

Fresh pork leg with aromatic sauce from orange & coriander – Carrot puree

Tortellini pasta with tomato cream, peas, ham & basil

Chickpeas from Sifnos island flavored with rosemary



TUESDAY

Meatballs a la mafia – Vegetable puree

Penne pasta with 4 cheeses

Peas with celery root & fresh fennel



WEDNESDAY

Fresh chicken roll with wine sauce & vegetables – Baby potatoes in the oven

Vegan pastitsio with minced beef & soy milk

Three color lentil soup with anise



THURSDAY

Patties from oat, tyrozouli cheese, sour milk, tomato, pepper & basil – Couscous with aromatic herbs

Fish soup from cod, with egg-lemon sauce

Eggplants in the oven with tomato

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



FRIDAY

Meatballs from fresh chicken ground meat with tomato sauce & marjoram – Rice pilaf with peas

Pasta amatriciana

Steamed black-eyed beans with kalfalithra

Pork skewer with pita, yogurt, dill – Potatoes in the oven with mustard



20 - 24/03/2023

MONDAY

Chicken with sweet chili sauce – Basmati rice

Athenian pastitsio from fresh ground meat

Braised cabbage with white and red quinoa, Florini's peppers, flavored with cumin



TUESDAY



Grilled kebab from fresh veal ground meat, with pita, yogurt sauce & paprika – Oven potatoes

Tortellini pasta a la crème with mushrooms

Giant beans in the oven



WEDNESDAY

Pork cooked in lemon sauce with mustard and Florini's peppers – Rice pilaf with turmeric

Spinach-rice with fresh aromatic herbs

Chicken fajitas with beer, colorful peppers, coriander, lime – Basmati rice

Yiouvetsi with barley & vegetables



THURSDAY

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

Meatballs from fresh ground meat with sassère sauce – Rice pilaf with apricots & raisins

Okra cooked in olive oil with fresh tomato

Rigatoni pasta with tomato & basil



FRIDAY

Breaded chicken fillet – Potato puree with parmesan cheese

Traditional stuffed tomatoes-peppers with rice & fresh aromatic herbs – Oven potatoes

Steamed black-eyed beans



27 - 31/03/2023

MONDAY

Fresh chicken, tandoori
– Couscous with
colorful vegetables

Grilled pork leg with
cranberries sauce &
raisins – Potato puree

Traditional beans
soup

TUESDAY

Grilled patties from
fresh ground meat –
Oven potatoes

Penne pasta with
chicken bites,
mushrooms, milk
cream & Cretan
graviera cheese

Artichokes a la
polita with carrot
and dill



WEDNESDAY

Grilled fresh chicken
with pepper gravy sauce
– Couscous with dry
nuts & goat butter

Beans cooked in olive
oil with sweet potato &
tomato

Veal hünkar beğendi
– Roasted eggplant
puree



THURSDAY

Meatballs from fresh
ground meat with mint
sauce – Rice with
saffron

Lasagna pasta with
colorful vegetables
au gratin

Chickpeas with
tomato, cumin &
Florini's pepper
coulis



FRIDAY

Traditional sausages
from Rethimno – Baby
potatoes in the oven
with tomato cherries

Spaghetti from
Mount Athos with
tarama, tomato &
olives

Eggplants imam

Fresh turkey fillets
with citrus sauce –
Rice pilaf

