

WEEKLY MENU PLAN

MAY



01 - 05/05/2023

MONDAY

HOLIDAY

TUESDAY

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

Athenian Pastitsio

Zucchini ragout with
sour cheese & thyme

Leek-rice with
carrots, flavored
with dill



WEDNESDAY

Pork steak in the oven
with tomato & onion –
Potatoes lioness

Vegetables yiouvetsi

Peas cooked in lemon
sauce with artichokes
& carrots

Giant beans slow-
cooked in the oven



THURSDAY

Mince rolled with Florini
peppers & feta cheese –
Baby potatoes in the
oven

Penne pasta with
vegetable cubes,
tomato & anothyro
cheese

Naxos puff pastry pie
with scoop & puff
pastry

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



FRIDAY

Chicken legs with
tomato sauce–
Traditional chylopites
pasta

Crepes with spinach

Briam in the oven

Chickpeas with
wine, leek, fresh
mint & lemon



WEEKLY MENU PLAN

MAY

gefsinus[®]
FOOD CULTURE

08 - 12/05/2023

MONDAY

Chicken patty with coriander – Broccoli-carrot-cauliflower

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

Mushroom pie with traditional Gefsinus puff-pastry

Okra cooked in the oven with tomato & fresh parsley



TUESDAY

Chicken leg skewer – Grilled potatoes with peppers

Rigatoni pasta with sicilienne sauce

Spinach-rice with fresh dill & aromatic herbs



WEDNESDAY

Veal with lemon sauce – Rice pilaf

Peas cooked in olive oil with potatoes

Three-color fusilli pasta with sun-dried tomato, feta cheese & olive

Black-eyes beans stewed with scallions



THURSDAY

Soutzoukakia from Smyrna – Rice pilaf

Cabbage-rice with lemon zest & fresh herbs

Spaghetti pasta carbonara



FRIDAY

Chicken tandoori with yogurt sauce – Cous-cous with vegetables

Pasta Bolognese

Lentil soup



15 - 19/05/2023

MONDAY

Green beans cooked in tomato sauce with stewed potatoes



Lentil-rice with vegetables and curry



Athenian Pastitsio

TUESDAY

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

Veal burger with goat cheese & honey mustard sauce – Served with traditional potatoes

Cretan vegetable stew with fresh herbs



WEDNESDAY

Chicken leg with peppers – Cous-cous with herbs & sun-dried tomato

Pork skewer marinated with paprika - Potatoes lioness

Panne pasta with sun-dried tomato, mushrooms & chives

Braised cabbage with white & red quinoa



THURSDAY

Meatballs with red sauce (ala mafia) – Rice pilaf egyptienne

Stir fry noodles with colorful vegetable, soy & fresh ginger

Okra cooked in the oven with tomato & fresh parsley



FRIDAY

Pork shoulder with dark beer and smoked paprika - Baked potatoes with caramelized onion & feta cheese

Stuffed tomatoes & peppers



Sea buckthorn beans with myronia & spinach



WEEKLY MENU PLAN

MAY



22 - 26/05/2023

MONDAY

Traditional Gefsinus moussaka

Sifneika chickpeas with lemon and dill

Tagliatelle pasta with cream from spinach, leek & feta cheese



TUESDAY

Cretan carbonara with wholegrain linguine pasta, apaki & marjoram

Eggplants in the oven with tomato

Grilled meatballs with feta cheese, mint, ouzo & Cypriot talantouri – Rice with turmeric



WEDNESDAY

Chicken mosaic – Baked potatoes with curry, rosemary, lemon and mustard

Penne pasta au gratin

Spinach with cous-cous, tomato & fennel



THURSDAY

Giant beans in the oven with sausages

Grilled patties – Oven potatoes

Rigatoni pasta with fresh tomato sauce & eggplant cubes

Vegan pastitsio



FRIDAY

Chicken leg with lemon sauce – Potatoes in the oven with fresh oregano

Tourlou vegetables

Tortellini pasta with 4 cheeses



MAY-JUN

WEEKLY MENU PLAN

gefsinus[®]
FOOD CULTURE

29/05 - 02/06/2023

MONDAY

Linguini pasta with milk cream, mushrooms & white wine

Sauteed turkey fillet with chardonnay & fried capers – Cous-cous with goat butter & nuts

Pork with sausages, peppers & mushrooms (bekry meze) – Rice pilaf

Green beans with fresh tomato



TUESDAY

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

Athenian pastitsio



Leek-rice with carrots, flavored with dill



WEDNESDAY

Pork steak in the oven with tomato & onion - Potatoes lioness

Vegetables yiouvetsi



Peas with lemon sauce, artichokes and carrots



Slow-cooked giant beans in the oven



THURSDAY

Minced meat roll stuffed with mushrooms & mustard sauce – Potato puree with parmesan

Penne pasta with vegetable cubes, tomato & anothotyro cheese



Epirus leek-cheese pie

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

FRIDAY

Chicken burger with brioche bun

Crepes with spinach

Briam in the oven



Chickpeas with wine, leek, fresh mint & lemon

