

WEEKLY MENU PLAN

APR

gefsinus[®]
FOOD CULTURE

07 - 11/04/2025

MONDAY

Chicken roll stuffed with kasseri cheese & sage roast sauce served with mashed potatoes with Domokou katiki cheese & fresh thyme

Penne pasta gratin with bacon, vegetables, tomato & cheese

Green beans with olive oil stew



TUESDAY

Sicilian Rigatoni pasta

Meatballs with fresh coriander, ginger & teriyaki sauce & fried rice



Leek & rice with carrots, flavored with dill



WEDNESDAY

Turkey fillets with citrus sauce & carrot puree



Artichokes with peas & potatoes



Beef Hunkyar Begendi with roasted eggplant puree

THURSDAY

Grilled burger patty & chicken with baked potatoes

Farfalle pasta with salmon & vodka

Imam eggplants



FRIDAY

Chicken casserole with thyme & rice pilaf with mushrooms

Stir fry noodles with vegetables & soy sauce



Briam



WEEKLY MENU PLAN

APR

gefsinus[®]
FOOD CULTURE

21 – 25/04/2025

MONDAY

PUBLIC HOLIDAY

TUESDAY



WEDNESDAY

Chicken fillet stir fry with vegetables, ginger & soy sauce served with basmati rice

Baked meatballs with sun-dried tomato & horseradish & vegetable puree

Sofegado (green beans, okra, eggplant, potatoes, zucchini)



THURSDAY

Beef burger with goat cheese & honey mustard sauce, served with traditional fries

Tortellini pasta with cheese cream & crispy bacon

Bean soup with herbs



FRIDAY

Chicken with fresh mushrooms & milk cream served with mashed potatoes

Athenian pastitsio

Peas with lemon sauce & potatoes



WEEKLY MENU PLAN APR - MAY

gefsinus®
FOOD CULTURE

28/04 - 02/05/2025

MONDAY

Rotisserie chicken with
country potatoes

Spinach with groats,
tomato & fennel

Penne pasta au gratin
with ham & cheese



TUESDAY

Beef Bourguignon &
rice pilaf with peas

Wholegrain penne
pasta with chicken,
mushrooms, milk
cream & Cretan
graviera cheese

Braised green beans
with sweet potato &
fresh tomato



WEDNESDAY

Grilled pork steak with
cold tomato sauce &
Lyonnaise potatoes

Chicken patty with
steamed vegetables

Slow-cooked giants
in the oven



THURSDAY

PUBLIC HOLIDAY

FRIDAY

Braised chicken legs
with traditional
xylopites pasta

Traditional tomatoes-
peppers stuffed with
rice, herbs & baked
potatoes

Chickpeas in wine
with leek, fresh mint
& lemon

