

WEEKLY MENU PLAN

DEC

gefsinus[®]
FOOD CULTURE

01 - 05/12/2025

MONDAY

Grilled chicken fillets
with Baby potatoes

Athenian pastitsio with
fluffy béchamel & fresh
minced meat

Chickpea soup with
lemon



TUESDAY

Grilled patties from
fresh minced meat with
Roquefort sauce &
Oven-roasted potatoes

Leek & rice with
carrots & fresh dill

Tricolor screws shaped
pasta with sun-dried
tomatoes, feta & olives



WEDNESDAY

Chicken thigh fillet
yiouvetsi with groats &
dried mizithra cheese

Spaghetti pasta
Bolognese with fresh
minced meat

Peas with olive oil
stew, fresh tomato
& potatoes



THURSDAY

Meatballs from fresh
minced meat with
tomato & pepper sauce
& Rice with Kozani yolk

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

Vegetable briam
with fresh tomato &
fresh mint



FRIDAY

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

Green beans with olive
oil stew



Gefsinus Burger
with homemade
BBQ sauce & bacon
with Country-style
potatoes

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08 - 12/12/2025

MONDAY

Zurich-style chicken
with fresh mushrooms
& cream – Mashed
potatoes with Parmesan
Cheese

Fresh pork stew cooked
with celery

Baked okra with
olive oil stew



TUESDAY

Cretan carbonara with
wholegrain linguine
pasta & apaki

Meatballs from
fresh minced meat
with ginger &
teriyaki sauce –
Chickpea purée
with leek

Spinach rice with fresh
Mediterranean herbs



WEDNESDAY

Chicken fajitas with
beer, peppers &
coriander with aromatic
basmati rice

Tortellini pasta with
cream sauce &
mushrooms

Peas with lemon
artichokes, carrots &
lemon zest



THURSDAY

Pork with lemon,
artichokes & carrots

Crepes with spinach &
Gefsinus cheese

Stuffed tomatoes &
peppers



FRIDAY

tagliatelle pasta with
beef ragù & finely
chopped vegetables

Lentil soup



Roasted chicken
with etragon & Pilaf
rice with
mushrooms

DEC

WEEKLY MENU PLAN

15-19/12/2025

gefsinus[®]
FOOD CULTURE

MONDAY

Braised chicken thigh
with xylopites pasta

Marinated grilled pork
escalopes & Potatoes
with mustard

Velouté mushroom
soup



TUESDAY

Patty & chicken with
oven roasted potatoes

Sifnian baked chickpeas
with lemon

Yiouvarlakia with
egg-lemon sauce ,
potatoes & carrots



WEDNESDAY

Fresh tandoori chicken
with yogurt sauce &
Couscous with diced
vegetables

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

Peas with lemon
sauce & potatoes



THURSDAY

Pork with honey,
orange & curry served
with groats, with goat
butter, nuts & raisins

Meatballs with mint
sauce & Mashed
potatoes

Cabbage & rice
flavored with herbs



FRIDAY

Chicken burger with
cheddar sauce, tomato
& lettuce with Country-
style potatoes

Linguine pasta with
shrimp, fennel &
cherry tomatoes

Traditional bean soup

