

# WEEKLY MENU PLAN

# JUNE



03 - 07/06/2024

MONDAY

Gefsinus Moussaka

Spinach - rice flavored with fresh onion & dill

Tortellini pasta with 4 cheeses



TUESDAY

Fresh minced meatballs with feta cheese, mint & talantouri, served with mashed potatoes

Penne pasta gratin with bacon, vegetables, tomato & cheese

Tsakonian eggplants with olive oil stew



WEDNESDAY

Beef with lemon sauce, carrots & mushrooms served with rice pilaf

Artichokes with peas & potatoes

Roasted chicken with orange sauce – & potatoes with orange



THURSDAY

Cretan carbonara with whole linguini pasta & apaki

Smyrna soutzoukakia from our fresh minced meat with rice pilaf

Baked okra with olive oil stew



FRIDAY

Linguini pasta with shrimps, fennel & cherry tomatoes

Fresh rotisserie chicken & potatoes with mustard

Tomatoes-peppers stuffed with minced meat





# WEEKLY MENU PLAN

# JUNE

gefsinus<sup>®</sup>  
FOOD CULTURE

10 - 14/06/2024

MONDAY

Chicken roll stuffed with kasseri cheese & sage roast sauce with vegetable puree

Pork Anjem pilaf

Traditional giants slow-cooked in the oven



TUESDAY

Grill duet (beef patty & Rethymnon sausage) & potatoes with coriander

Tagliatelle pasta with cream sauce, broccoli & bacon

Green beans with olive oil stew, sweet potato & tomato



WEDNESDAY

Veal Tas kebab with wild rice pilaf

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

Lemonade peas with potatoes, flavored with fresh dill



THURSDAY

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

Rigatoni pasta carbonara

Cretan vegetable stew with fresh herbs



FRIDAY





# WEEKLY MENU PLAN

# JUNE

gefsinus®  
FOOD CULTURE

17 - 21/06/2024

MONDAY

Grilled Pork Steak with  
Tomato Sauce & baked  
Potatoes/Roasted  
Vegetables

Spaghetti pasta a la  
Putinesque



TUESDAY

Meatballs with tomato  
sauce & sweet peppers  
& chickpea puree with  
leek

Artichokes alla  
polita with  
vegetables & fresh  
dill



WEDNESDAY

Zucchini with anthotyro  
cheese & thyme

Chicken kebab with  
corn pie & spicy  
yogurt sauce &  
baked potatoes with  
curry, rosemary,  
lemon & mustard



THURSDAY

Athenian pastitsio

Peas with olive oil  
stew, potatoes &  
fresh dill



FRIDAY

Roast chicken with  
tarragon sauce & baked  
potatoes  
???

Wholegrain spaghetti  
pasta with Bolognese  
made from soy mince  
???

Traditional stuffed  
tomatoes-peppers with  
potatoes  
???

Mosaic of fresh  
smoked salmon with  
saffron sauce &  
boiled vegetables  
???





# WEEKLY MENU PLAN

# JUNE



24 - 28/06/2024

MONDAY

HOLY SPIRIT HOLIDAY

TUESDAY

Grilled patties with blue cheese sauce & baked potatoes

Baked zucchini with tomato & sour cream



WEDNESDAY

Baked chicken meatballs with sun-dried tomato, horseradish & Florini pepper dip with vegetable brunoised risotto

Traditional oven briam



THURSDAY

Mincemeat roll with Florini peppers & feta cheese with baked baby potatoes

Sifneika chickpeas with rosemary & lemon



FRIDAY

Pork pancetta stuffed with cheese & peppers & rice with vegetable brunoised

Chicken souvlaki – Steamed vegetables

