

WEEKLY MENU PLAN

FEB

gefsinus®
FOOD CULTURE

02 - 06/02/2026

MONDAY

Fresh chicken thigh fillet with sun-dried tomato & basil sauce & Pilaf rice with mushrooms

Athens-style pastitsio with fluffy béchamel & fresh minced meat

Traditional bean soup



TUESDAY

Breaded cod fillet & Potato salad with yogurt sauce

Meatballs with mint sauce & Oriental-style pilaf rice

Peas with celery flavored with dill



WEDNESDAY

Beef Hunkar Begendi with Smoked eggplant purée & kasseri cheese

Wholegrain penne pasta with tomato sauce, vegetables & anthotyro cheese

Aromatic leek & rice with carrots & dill



THURSDAY

Yiouvetsi with vegetables

Grilled burgers with Oven potatoes

Fresh pork with orange, honey & curry & Basmati rice with peas



FRIDAY

Roast chicken thigh with mustard sauce & Oven potatoes with mustard

Spaghetti pasta Bolognese

Baked eggplants with fresh tomato & feta cheese



WEEKLY MENU PLAN

FEB

gefsinus®
FOOD CULTURE

09 – 13/02/2026

MONDAY

Fresh marinated chicken fillet with BBQ sauce & Rustic potatoes

Wild mushroom soup with porcini, oyster & agaricus

Crepes with spinach, anthotyro cheese & herbs



TUESDAY

Smyrna-style meatballs with fresh minced meat & Pilaf rice

Penne pasta with chicken bites, cherry tomatoes, zucchini & our homemade basil pesto

Black beans with purslane



WEDNESDAY

Fresh chicken kontosouvlaki – Oven potatoes with curry, rosemary, lemon & mustard

Pork Ajeem pilaf

Peas with lemon sauce, artichokes & carrot



THURSDAY

Mix grill with patty, chicken, sausage & pita – Oven potatoes

Green beans with olive oil stew

Wholegrain penne pasta with yogurt béchamel, broccoli & smoked turkey



FRIDAY

Grilled pork chop marinated with fresh herbs & White & rice pilaf

Stuffed chicken roulade with kasseri cheese & roasted sage sauce with Mashed potatoes

Spinach & rice with aromatic herbs



WEEKLY MENU PLAN

FEB

gefsinus®
FOOD CULTURE

16 - 20/02/2026

MONDAY

Chicken thigh fillet teriyaki – Fried rice

Lasagna pasta with vegetables au gratin & mozzarella cheese

Lentil soup



TUESDAY

Breaded cod fillet & Potato salad with yogurt sauce

Rolled fresh minced meat stuffed with Florina peppers & PDO feta & Pilaf rice

Okra with olive oil stew & fresh tomato



WEDNESDAY

Chicken kebab with corn pita & spicy yogurt sauce & Potatoes with mustard

Traditional cabbage & rice with fresh herbs

Spaghetti pasta with taramas, tomato & olives



THURSDAY

Sautéed pork scallops with sun-dried tomato, wine & thyme sauce & Pilaf rice with mushrooms

Yiouvarlakia with fresh minced meat, egg-lemon sauce, potatoes & carrots

Spaghetti pasta with cherry tomatoes & our homemade basil pesto sauce



FRIDAY

Turkey fillets with chardonnay & fried capers & Wild pilaf rice

Tagliatelle pasta with fresh beef ragù & finely chopped colorful vegetables

Spinach with groats, fresh tomato & fresh dill



WEEKLY MENU PLAN

FEB

23 - 27/02/2026

gefsinus®
FOOD CULTURE

MONDAY

PUBLIC HOLIDAY

TUESDAY

Grilled beef patties
made with fresh
minced meat & Oven-
baked potatoes with
mustard



Amatriciana pasta with
tomato & smoked
pancetta

Velouté carrot soup
with turmeric &
cardamom



WEDNESDAY

Lemon Pork with
Mustard & Florina
Peppers with Celery
Purée

Fresh Grilled Chicken
Souvlaki with Herb
Lemon Dressing &
Lyonnaise Potatoes

Oven giants



THURSDAY

Meatballs from
fresh minced meat
with tomato sauce
& sweet peppers
with Pilaf rice

Traditional baked briam
with fresh mint

Roast pork with
honey and mustard
sauce with Oven
potatoes



FRIDAY

Chicken thigh stew with
lemon & thyme & Rice
with Kozani saffron

Shepherd's pie with
fresh minced meat,
peas, carrot & mashed
potatoes

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

