

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, anothyro 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 kontosouvli – 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 pennepasta 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 &
Lyonnais Potatoes

Oven giants



THURSDAY

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

Traditional baked brian
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

