

WEEKLY MENU PLAN

FEB

gefsinus[®]
FOOD CULTURE

03 - 07/02/2025

MONDAY

Sweet & sour pork with plums & chickpea purees with leeks

Athenian pastitsio with fluffy bechamel & fresh minced meat

Traditional bean soup



TUESDAY

Breaded cod fillet & potato salad with yogurt sauce

Meatballs with mint sauce & oriental rice pilaf

Peas with celery root flavored with fennel



WEDNESDAY

Hunkar Begendi beef with smoked eggplant puree & kasseri

Wholegrain penne pasta with tomato sauce, vegetables & anthotyro cheese (separately)

Aromatic leek & rice with carrots & dill



THURSDAY

Vegetable yiouvetsi

Grilled patties with Roquefort cheese sauce & baked potatoes

Sifnos chickpeas with sausages



FRIDAY

Roasted chicken thigh with mustard sauce & baked potatoes with mustard

Spaghetti pasta Bolognese

Baked aubergines with fresh tomato & feta cheese



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10 – 14/02/2025

MONDAY

Chicken fillet marinated with BBQ sauce & country potatoes

Wild porcini, Pleurotus & agaricus mushroom soup

Crepes with spinach, anthotyro cheese & herbs



TUESDAY

Smyrnaean soutzoykasia made of fresh minced meet with rice pilaf

Penne pasta with pieces of chicken, cherry tomatoes, zucchini & basil pesto

Black beans with scallions



WEDNESDAY

Chicken kontosouvli & Baked potatoes with curry, rosemary, lemon & mustard

Veal with plums & red wine & goats with nuts & goat butter

Peas with lemon sauce artichokes & carrot



THURSDAY

Grilled Rethymnon village sausage & baby potatoes

Green beans with olive oil stew

Wholegrain penne pasta with yogurt béchamel, broccoli & smoked turkey



FRIDAY

Grilled pork steak marinated with fresh herbs & served with white & red quinoa with vegetables

Chicken Roll stuffed with kasseri cheese & sage roast sauce with mashed potatoes

Spinach & rice with aromatic herbs



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17 - 21/02/2025

MONDAY

Chicken thigh fillet teriyaki with fried rice

Pork with lemon sauce, artichokes & carrots

Lentil soup



TUESDAY

Breaded cod fillet & potato salad with yogurt sauce

Roll made of fresh minced meat stuffed with Florins peppers & feta cheese P.D.O. & rice pilaf

Okra with fresh tomato & olive oil stew



WEDNESDAY

Beef soup with colorful vegetables & melon pasta

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

Traditional cabbage & rice with fresh herbs



THURSDAY

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

Spaghetti pasta with cherry tomatoes & basil pesto sauce produced by us



FRIDAY

Turkey fillets with chardonnay & fried capers & wild rice pilaf

Tagliatelle pasta with beef ragout & chopped colorful vegetables

Agioritikos Moussaka with eggplants, mushrooms & soy milk bechamel



WEEKLY MENU PLAN

FEB



24 - 28/02/2025

MONDAY

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



Peas in olive oil with potatoes



Penne pasta au gratin

TUESDAY

Grilled burgers with fresh minced meat & Chickpea puree with leeks



Spaghetti pasta amatriciana with tomato & smoked pancetta



Velouté carrot soup with turmeric & cardamom

WEDNESDAY

Veal tas kebabs & Butter groats with herbs



Grilled chicken souvlaki with aromatic olive oil & lemon with Lyonnaise potatoes



Oven giants

THURSDAY

Fresh minced meatballs with tomato sauce, sweet peppers & Rice pilaf



Traditional baked Briam with fresh mint

Roast pork with honey sauce & mustard & oven potatoes

FRIDAY

Chicken leg casserole with lemon & thyme & Kozani yolk rice

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

Traditional stuffed tomatoes-peppers with rice & fresh herbs & Baked potatoes

