

**MONDAY**

Chicken in tomato sauce – rice

Penne au gratin

✓ Chickpeas soup(vegan)

**TUESDAY**

Grilled burgers – roast potatoes

Creamy wholegrain penne with chicken and mushrooms & Cretan Graviera cheese

✓ Artichokes ala polita(vegan)

**WEDNESDAY**

Mustard glazed roast chicken – rice with leak, bacon & mushrooms

Green beans with potatoes in tomato sauce(vegan)

✓ Grilled salmon with sour cream & fennel – ecrase potatoes

**THURSDAY**

Eye round beef roast – roast baby potatoes

Meatballs with mint sauce – saffron rice

✓ Ragu zucchini with anthotyro cheese and thyme(vegetarian)

**FRIDAY**

Fried cod with rosemary and garlic sauce – potato salad with tartare sauce

Cabbage and rice casserole(vegan)

✓ Turkey fillets with citrus sauce – rice

✓ Low calorie meal

**MONDAY**

Lasagna with Bolognese & mozzarella cheese

Bean soup(vegan)

- ✓ Grilled chicken fillet – bulgur with sundried tomato and vegetables

**TUESDAY**

Veal soup with Greek traditional sour frumenty pasta “trahanas”, vegetables & curry

Meatballs in tomato sauce – mashed potatoes with “Katiki” cheese & fresh thyme

- ✓ Eggplants with cheese and tomato in the oven(vegetarian)

**WEDNESDAY**

Chicken thigh casserole with lemon & thyme – rice and corn

Green peas with artichokes and carrots in lemon sauce(vegan)

- ✓ Fresh frilled sea bream with oil-lemon sauce – steamed vegetables

**THURSDAY**

Pork scallops marinated with lemon and capers – rice

Gefsinus burger with crispy bacon & cheese – served with traditional potatoes

- ✓ Spinach and rice casserole(vegan)

**FRIDAY**

Roast cod with capers & lemon – steamed vegetables

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

- ✓ Black-eyed peas ragout with greens(vegan)

✓ Low calorie meal

**MONDAY**

Chicken roll with wine and vegetable sauce –roast baby potatoes with cherry tomatoes & rosemary

Pan fried pork with Roquefort sauce – mashed vegetables

✓ Chickpeas with tomato, cumin & red sweet pepper coulis(vegan)

**TUESDAY**

Veal tas kebab – Egyptian rice

Mixed vegetables with feta cheese in the oven(vegetarian)

✓ Meatballs soup in egg-lemon sauce with potatoes & carrots

**WEDNESDAY**

Pan fried cod fillet – potato salad with tartare sauce

Chicken filleted thigh with sundried tomato & basil sauce – rice

✓ Green peas with potatoes in lemon sauce(vegan)

**THURSDAY**

Grilled pork souvlaki – mustard glazed potatoes

Burgers with Roquefort sauce – rice with vegetable brunoise

✓ Okra in oil(vegan)

**FRIDAY**

**SPRING BREAK**

✓ Low calorie meal





MONDAY

EASTER MONDAY

TUESDAY

SPRING BREAK

WEDNESDAY

LABOR DAY

THURSDAY

Pork scallops with sundried tomato, wine & thyme sauce – rice

Meatballs a la mafia – mashed potatoes with cheddar

✓ Stuffed eggplants (imam Bayildi) (vegetarian)

FRIDAY

Chicken skewer – roast potatoes

Noodles stir fry with vegetables and soy(vegetarian)

✓ Fresh grilled sea bream – steamed vegetables

✓ Low calorie meal