



# gefsinus<sup>®</sup>

FOOD CULTURE

**MONDAY**

Roast chicken thigh – roast country-style potatoes with peppers



Pasticcio with fresh minced meat



✓ Split peas with octopus, tomato sauce & capers (vegan)



**Side salad Green with olives**

**TUESDAY**

Kebab with pita bread, yogurt dip, fresh tomato and onion & roast potatoes



Okra in the oven with tomato and fresh parsley (vegan)



✓ Whole grain penne with diced vegetables, tomato & Anthotyro cheese (vegetarian)



**Side salad tomato-cucumber**

**WEDNESDAY**

Baked chicken drumsticks in tomato sauce & Greek traditional pasta "Hilopites"



Eggplants in the oven with tomato, feta cheese & fresh basil (vegetarian)



✓ Fresh salmon with fennel, leek & orange sauce – ecrase potatoes with olive oil



**Side salad mix greens**

**THURSDAY**

Burger with fresh minced meat, goat cheese, honey mustard sauce & country style potatoes



Giant beans in the oven (vegan)



✓ Grilled chicken skewers & mustard glazed potatoes –boiled zucchini



**Side salad Cabbage and carrot**

**FRIDAY**

Mustard and lemon glazed turkey fillets – steamed vegetables



Crepes with ham & kasseri cheese



✓ Tomatoes and peppers stuffed with rice in the oven (vegan)





**Side salad beet-root**



✓ **Low calorie meal**



## MONDAY



Crock pot pork chops with Greek grape syrup "Petimezi" anise seed and coriander – fresh mashed celeriac  

Lasagna with diced vegetables & tomato au gratin (vegetarian)  

✓ Green beans with parsley in tomato sauce (vegan)  





**Side salad Cesar**



## TUESDAY

Beef angus tas kebab – Egyptian rice with noodles  

Mix grill (burger with fresh minced meat, chicken, sausage, pork side, pita bread) – potatoes with coriander  



✓ Chickpeas in a pot with leek, zucchini, carrots & aromatic yellow curry paste (vegan)  



**Side salad Cabbage and carrot**

## WEDNESDAY



Crusted fish fillet – potato salad & handmade yogurt tartare sauce  

Green peas with potatoes and dill in lemon sauce (vegan)  





✓ Grilled marinated chicken fillets with fresh oregano – boiled vegetables  





**Side salad Mix greens**

## THURSDAY



Grilled burgers with fresh minced meat – potatoes a la crème  



Grilled pork steak with fresh tomato sauce - rice  



✓ Traditional Cretan vegetable mix in the oven with fresh spices (vegetarian)  



**Side salad tomato-Cucumber**

## FRIDAY



Chicken fillet stir fry with fresh vegetables, ginger and soy sauce – basmati rice  

Traditional stuffed eggplants (imam Bayildi) (vegetarian)  



✓ Roast fresh sea bass with rosemary, lemon & olive oil – steamed vegetables  



**Side salad Beet-roots**

✓ Low calorie meal