

**MONDAY**

Chicken thigh cacciatore – mashed carrots

Pork thigh with orange and coriander sauce – basmati rice

✓ Chickpeas in a pot with rosemary (vegan)

TUESDAY

Beef goulash – oriental rice

Pork steak – roast potatoes

✓ Green peas in lemon sauce with potatoes (vegan)

WEDNESDAY

Grilled chicken fillet marinated with curry, yogurt & cardamom – rice

Green beans with potatoes in tomato sauce (vegan)

✓ Salt cod in tomato sauce – potatoes ragout

THURSDAY

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

Cabbage and rice casserole (vegan)

✓ Linguine with shrimps, fennel & cherry tomatoes

FRIDAY

Roast chicken with estragon – country-style potatoes

Zucchini ragout with Anthotyro cheese & thyme (vegetarian)

✓ Roast perch fish with lemon & capers sauce – steamed vegetables

✓ Low calorie meal



MONDAY

LENT MONDAY

TUESDAY

Pineapple sweet and sour sauce meatballs with carrots & sweet peppers – basmati rice

Lasagna with vegetables au gratin (vegetarian)

✓ Bean soup (vegan)

WEDNESDAY

Crusted cod fillet – potato salad & tartare sauce

Leek and rice casserole with carrots and dill (vegan)

✓ Grilled chicken skewer with oil-lemon sauce – steamed vegetables

THURSDAY

Pork chop stuffed with cheeses & peppers – Lyonnaise potatoes

"Briam" mixed vegetables in tomato sauce (vegan)

✓ Meatballs soup in egg-lemon sauce

FRIDAY

"Shepherd's pie" with minced beef, green peas, carrots & mashed potatoes

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

✓ Seafood pasta with tomato & ouzo

✓ Low calorie meal

**MONDAY**

Chicken filleted thigh "Teriyaki" – fried rice

Spaghetti au gratin with mushrooms & yellow cheeses (vegetarian)

✓ Giant beans in the oven (vegan)

TUESDAY

Creamy veal with mushrooms – rice with vegetables brunoise

Meatballs a la mafia (red sauce) – mashed potatoes

✓ Green peas with celeriac & fennel (vegan)

WEDNESDAY

Chicken roll stuffed with kasseri cheese & sage sauce – roast baby potatoes

Eggplants with cheese & tomato in the oven (vegetarian)

✓ Cod fish soup with egg-lemon sauce

THURSDAY

Eye round roast beef with porcini mushrooms sauce – bulgur with spices & sundried tomato

Cabbage and rice casserole (vegan)

✓ Pork skewer with pita bread, yogurt & dill – roast potatoes

FRIDAY

Chicken meatballs with tomato & marjoram sauce – rice with green peas

Black-eyed peas ragout with greens (vegan)

✓ Cuttlefish with spinach

✓ Low calorie meal

**MONDAY****HOLIDAY****TUESDAY**

Grilled kebab with pita bread & yogurt sauce

Pasticcio

✓ Okra in oil (vegan)

WEDNESDAY

Chicken fajitas with beer, peppers, coriander & lime – basmati rice

Mixed vegetables with feta cheese in the oven (vegetarian)

✓ Grilled sea bream in oil-lemon sauce – steamed vegetables

THURSDAY

Grilled pork steak with tomato – roast potato with parmesan

Meatballs in sauce chasseur – rice with green peas

✓ Split peas with octopus, tomato & capers

FRIDAY

Salmon with saffron and mustard sauce – ecrase potatoes with olive oil

Spinach and rice casserole (vegan)

✓ Grilled chicken fillet – steamed vegetables

✓ Low calorie meal