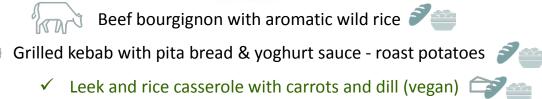
# WEEKLY MENU



### MONDAY

Roast chicken thigh - mashed potatoes with Katiki cheese & fresh thyme Wholegrain penne with yoghurt bechamel, broccoli and smoked turkey ✓ Green beans with potatoes in tomato sauce (vegan)

### TUESDAY



### WEDNESDAY

Salmon caramelized with orange, aniseed & coriander - ecrase potatoes and Green peas in lemon sauce with artichokes and carrots (vegan)

Chicken burger with coriander - steamed vegetables

### THURSDAY

Roast pork with paprika - Lyonnaise potatoes 🖋 📺 🖓 🐨 Burger with goat cheese, honey-mustard sauce and country-style potatoes 🖋

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

### FRIDAY

Turkey fillets with sweet red pepper sauce - rice with vegetable brunoise

"Briam" mixed vegetables in tomato sauce (vegan)

🛯 🖍 Salt cod in tomato sauce - ragout potatoes - boiled zucchini 🧨

Low calorie meal

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### MONDAY

Roast chicken with pepper Gravy sauce - thyme glazed baby potatoes 🖉 🦈

Traditional Moussaka 🔊 🕋

✓ Okra in oil with fresh spices (vegan) →



# TUESDAY

Mix grill (burger, chicken, sausage, pork side, pita bread) - potatoes with coriander State Traditional Cretan pasta "Sioufixta" with smoked turkey, spinach, leek and mastic State

Artichokes ala polita (vegan)



### WEDNESDAY

Pan fried cod fillet - potato salad & yoghurt tartar sauce 🜮 🔤

Chicken with green beans in tomato sauce 🖋 🚞

✓ Chickpeas with leak, fresh mint and lime (vegan) →

Side salad lettuce and olives

## THURSDAY

Meatballs with tomato and sweet pepper sauce - mashed potatoes S

Mixed vegetables with feta cheese in the oven (vegetarian)

Spaghetti with shrimps, fennel & cherry tomatoes

# Side salad cabbage and carrot

## FRIDAY

Grilled chicken with oil-lemon sauce - rice with leak, bacon & mushrooms 🐔

Giant beans in the oven with sausages 🖋 🕋

Roast cod with tomato, capers, saffron & olives - steamed vegetables

Side salad beetroots

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Low calorie meal

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# WEEKLY MENU



### MONDAY

Traditional Pasticcio

Green beans with potatoes in tomato sauce (vegan)

 $\checkmark$  Grilled chicken fillet with curry, yoghurt and cardamom - potatoes with coriander  $\widehat{\mathscr{I}}^{\oplus}$ 

Side salad cabbage and carrot

### TUESDAY

🌇 Neatballs with fresh coriander, ginger and Teriyaki sauce - basmati rice with greens peas 🏹

Creamy tagliatelle with spinach, leak & feta cheese 🜮 🚞

 $\checkmark$  Eggplants in the oven with feta cheese and basil i

Side salad lettuce and olives

### WEDNESDAY



Chicken with okra 🖋 🕋

Mashed red lentils with caramelized onions and thyme glazed pork side 🖋 🚞



Side salad tomato cucumber

## THURSDAY

Minced meat roll stuffed with peppers and feta cheese - mashed potatoes with tomato and basil

Cabbage and rice casserole (vegan)

Grilled pork steak with oil-lemon sauce and ginger - lentils with vegetables & cumin seed

🎬 Side salad Caesar

## FRIDAY

Crepes with ham and "Kasseri" cheese 🖓 🖤



Tomatoes & peppers stuffed with rice (vegan)

Side salad beetroots

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Low calorie meal

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# WEEKLY MENU

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