



## 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



Beef bourgignon with aromatic wild rice  



Grilled kebab with pita bread & yoghurt sauce - roast potatoes  

✓ Leek and rice casserole with carrots and dill (vegan)  

## WEDNESDAY



Salmon caramelized with orange, aniseed & coriander - ecrase potatoes  



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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FOOD CULTURE

**MONDAY**



Roast chicken with pepper Gravy sauce - thyme glazed baby potatoes  



Traditional Moussaka  

✓ Okra in oil with fresh spices (vegan)  

 **Side salad Caesar**

**TUESDAY**


Mix grill (burger, chicken, sausage, pork side, pita bread) - potatoes with coriander  

Traditional Cretan pasta " Sioufixta" with smoked turkey, spinach, leek and mastic  



✓ Artichokes ala polita (vegan)  

 **Side salad tomato-cucumber**

**WEDNESDAY**

Pan fried cod fillet - potato salad & yoghurt tartar sauce  





Chicken with green beans in tomato sauce  

✓ Chickpeas with leek, fresh mint and lime (vegan)  

 **Side salad lettuce and olives**

**THURSDAY**

Meatballs with tomato and sweet pepper sauce - mashed potatoes  

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 leek, bacon & mushrooms  

Giant beans in the oven with sausages  



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

 **Side salad beetroots**

✓ **Low calorie meal**







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FOOD CULTURE

**MONDAY**

Traditional Pasticcio  



Green beans with potatoes in tomato sauce (vegan)  

 ✓ Grilled chicken fillet with curry, yoghurt and cardamom - potatoes with coriander  

 **Side salad cabbage and carrot**

**TUESDAY**



 Meatballs with fresh coriander, ginger and Teriyaki sauce - basmati rice with greens peas  



Creamy tagliatelle with spinach, leak & feta cheese  

✓ Eggplants in the oven with feta cheese and basil  

 **Side salad lettuce and olives**

**WEDNESDAY**



 Chicken with okra  

Mashed red lentils with caramelized onions and thyme glazed pork side  

 ✓ Roast salmon with sour cream & fennel - steamed vegetables  

 **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  

 Cuttlefish in a pot with celery, fennel, carrot and onion  

Tomatoes & peppers stuffed with rice (vegan)  

 **Side salad beetroots**

✓ **Low calorie meal**



## MONDAY

 Chicken roll stuffed with Kasseri cheese - baby potatoes  



Green peas with celeriac (vegan)  

 ✓ Roast pork Virginia with pineapple - rice with corn  

 **Side salad lettuce with olives**

## TUESDAY




 Beef with vegetables in tomato sauce - rice  


"Briam" mixed vegetables in tomato sauce (vegan)  

 ✓ Grilled burgers - boiled potatoes / steamed broccoli  

 **Side salad cabbage and carrot**

## WEDNESDAY




 Crusted fish fillet - potato salad & tartare sauce  




 Chicken filleted thigh Teriyaki marinated with soy and ginger - fried rice  

✓ Artichokes ala polita (vegan)  

 **Side salad Caesar**

## THURSDAY

 Pork chops with lemon & capers sauce - potatoes with coriander  




 Meatballs with mint sauce - rice  

✓ Beans with greens, spinach and fennel in a pot (vegan)  

 **Side salad tomato cucumber**

## FRIDAY

 Fried cod with white wine and rosemary sauce - boiled potatoes / steamed zucchini  

 Chicken fillet with parmesan cream - rice with vegetable brunoise  

✓ Spinach and rice casserole with fresh dill (vegan)  

 **Side salad mixed greens**

✓ **Low calorie meal**