

# WEEKLY MENU PLAN

# DEC



04 - 08/12/2023

## MONDAY

Grilled pork steak with cold tomato sauce & baby potatoes

Pastitsio with fluffy bechamel & fresh minced meat

Zucchini with xynomyzithra cheese



## TUESDAY

Grilled patties made of fresh minced meat & Roquefort cheese sauce with baked potatoes

White rice-leek with carrots & fresh dill



Tricolor pasta with sun-dried tomato, feta cheese & olives



## WEDNESDAY

Chicken thigh fillet yiouvetsi with groats & dry mizithra cheese

Spaghetti pasta & Bolognese sauce with fresh minced meat

Peas with olive oil stew, fresh tomato & potatoes



## THURSDAY

Fresh minced meatballs with tomato sauce & pepper - Rice with Kozani yolk

Roast pork with cranberry sauce & raisins & fresh mashed potatoes

Vegetable briam with fresh tomato & fresh mint



## FRIDAY

Fresh grilled chicken marinated with yogurt, cardamom, curry & basmati rice

Spaghetti pasta with fresh tomato & smoked pancetta meat alla' amatriciana

Green beans with olive oil stew





# WEEKLY MENU PLAN

# DEC

gefsinus<sup>®</sup>  
FOOD CULTURE

11 - 15/12/2023

MONDAY

Zurich chicken with fresh mushrooms, cream sauce & mashed potatoes with parmesan

Fresh pot pork cooked with celery

Okra with olive oil stew



TUESDAY

Veal with plums, red wine & butter grits with herbs

Fresh minced meatballs with ginger teriyaki sauce & chickpea puree with leek

Spinach rice with fresh Mediterranean herbs



WEDNESDAY

Fresh chicken ala fajitas with beer, peppers, cilantro & fragrant basmati rice

Tortellini pasta with cream sauce & mushrooms

Cod fish soup with egg – lemon sauce



THURSDAY

Burger Gefsinus with country potatoes

Traditional oven giants

Fried cuttlefish with sharp spaghetti



FRIDAY

Tagliatelle pasta with beef ragout & chopped vegetables

Lentil soup

Fresh minced chicken patties with white & red quinoa with fresh aromatic vegetables





# WEEKLY MENU PLAN

# DEC



18 - 22/12/2023

## MONDAY

Traditional pork ajem pilaf

Grilled chicken fillets & Mashed potatoes with fresh thyme & Domokos katiki cheese

Veloute mushroom soup



## TUESDAY

Beef tas kebab with Egyptian pilaf rice

Shells pasta with tomato & basil



Yiouvarlakia with egg – lemon sauce, potatoes & carrots



## WEDNESDAY

Fresh tandoori chicken with yogurt sauce & couscous with vegetable cubes

Cod fillet with crispy breadcrumb crust & potato salad with yogurt tartare sauce

Peas with lemon sauce & potatoes



## THURSDAY

Fresh lemonade pork with artichokes & carrots

Grill duet with patties & chicken & Baked potatoes

Cabbage - rice flavored with herbs



## FRIDAY

Fresh turkey fillets with raisin, chestnut, pine nut, brandy sauce & red sweet potato puree with coriander & ginger

Pumpkin velouté soup



Skioufichta pasta with Mani's syncline, cherry tomatoes, mushrooms, orange & fresh thyme