

WEEKLY MENU PLAN

JAN

03 - 07/01/2022

gefsinus[®]
FOOD CULTURE

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

Cod fillet in batter -
Potato salad with
yogurt tartar sauce

Baked chicken with
pepper gravy sauce -
Rice pilaf with peas

Green beans cooked
in olive oil with
potatoes & herbs



WEEKLY MENU PLAN

JAN

10 - 14/01/2022

gefsinus®
FOOD CULTURE

MONDAY

Pork cooked in a pot with black beer & smoked paprika - Rice pilaf with corn

Tricolor lentil soup with star anise & carrot cream



Chicken loaf cooked in wine sauce with vegetables - Mashed potatoes with fresh thyme & katiki cheese from Domokos

TUESDAY

Beef tas kebab - Traditional 'Chilopites' pasta

Grilled kebab with fresh ground meat, pita bread, yogurt, tomato & onion - Baked potatoes

Leek & rice with carrots & dill



WEDNESDAY

Baked chicken with estragon sauce - Lyonnaise potatoes

Chili con carne tortilla with rice, cheddar & yogurt dip with lime

Slowly cooked giant beans



THURSDAY

Pork 'Kontosouvli' - Traditional potatoes

Meatballs with fresh ground meat, feta cheese, spearmint, ouzo & Cypriot talatouri - Bulgur with sun-dried tomato

Peas with celeriac & fennel



FRIDAY

Chicken tandoori with yogurt sauce - Couscous with vegetables

Spaghetti with fresh cherry tomatoes & basil pesto

Tomatoes & peppers stuffed with rice & fresh herbs



WEEKLY MENU PLAN

JAN

17 - 21/01/2022

gefsinus[®]
FOOD CULTURE

MONDAY

Chicken meatballs with tomato sauce & marjoram - Rice with saffron

Baked pork with cranberry sauce & raisins - Bulgur with goat butter, nuts & raisins

Bean soup



TUESDAY

Beef cooked with prunes - Wild rice pilaf

Meat patties with oat flakes, 'tyrozouli' cheese, sour milk, tomato, pepper & basil - Carrot puree



Peas cooked in lemon sauce with artichokes & fresh herbs



WEDNESDAY

Baked chicken with orange sauce - Pumpkin puree

Tagliatelle with spinach cream, leek & feta cheese P.D.O.

Green beans cooked in olive oil with fresh tomato & potatoes



THURSDAY

Grilled traditional Cretan sausage - Baked potatoes with curry, rosemary, lemon & mustard

Couscous with shrimps, squid, mussels & fish sauce

Braised cabbage with white & red quinoa, Florina peppers & cumin



Meatballs with fresh ground meat & egg-lemon sauce



FRIDAY

Grilled chicken with vegetables, mix of cheeses & herbs – Baked baby potatoes with cherry tomatoes

Rigatoni with fresh tomato, eggplants & Sicilian bacon sauce

Traditional chickpea soup from Sifnos



WEEKLY MENU PLAN

JAN

24 - 28/01/2022

gefsinus[®]
FOOD CULTURE

MONDAY

'Bardouniotiko' chicken
- Chickpea puree with
paprika

Lasagna Bolognese
with fresh ground meat
& mozzarella cheese

Vegetable 'Briam'
with fresh tomato



TUESDAY

Grilled meat patties
with fresh ground meat,
Roquefort sauce –
Baked potatoes &
vegetables

Borlotti beans with
chervil, spinach &
fennel cooked in a pot



Beef soup with
'trachana'
traditional pasta,
fresh vegetables &
curry



WEDNESDAY

Cod fillet in batter -
Potato salad with yogurt
tartar sauce

Turkey fillets with
citrus sauce - Couscous
with vegetables

Tortellini with cream,
peas, pork shoulder,
tomato & basil

Baked okra



THURSDAY

Grilled pork steak with
fresh tomato sauce -
Baked potatoes with
mustard

Eggplants stuffed with
beef, smoked regato
cheese & au gratin
tomato

Chickpeas cooked in
a pot with leek,
zucchini, carrot &
curry paste



FRIDAY

Crispy parmesan &
parsley crusted chicken
- Mashed potatoes

Pasta Bolognese with
fresh ground meat

Spinach & rice with
fresh herbs



WEEKLY MENU PLAN

JAN

gefsinus[®]
FOOD CULTURE

31/01 - 04/02/2022

MONDAY

Grilled chicken fillets -
Baked baby potatoes

Pork bites with sun-
dried tomato & feta
cheese P.D.O. - Rice
pilaf with peas

Pasta souffle with
vegetables

Lentil soup



TUESDAY

Beef Bourguignon -
Wild rice pilaf

Grilled meat patties
with fresh ground meat
- Baked potatoes with
mustard

Artichokes a la
polita flavored with
lemon



WEDNESDAY

Chicken soup with egg-
lemon sauce

Farfalle with sun-dried
tomato, feta cheese
P.D.O. & olives

Green beans cooked in
olive oil with sweet
potatoes & fresh
tomato



THURSDAY

Virginia style pork with
pineapple & cloves -
Bulgur with goat butter
& nuts

Meatballs with fresh
ground meat a la
mafia - Celeriac
puree

Tacos with chicken,
tomato, pepper, corn &
cheddar cheese

Traditional
vegetable 'Briam'
flavored with fresh
spearmint



FRIDAY

Rotisserie chicken -
Baked traditional
potatoes

Linguine with milk
cream, fresh
mushrooms & white
wine

Stuffed tomatoes &
peppers 'Gemista'
with rice & fresh
herbs

