

WEEKLY MENU PLAN

JUN

06 - 10/06/2022

gefsinus®
FOOD CULTURE

MONDAY

Chicken meat loaf stuffed with "Kasseri" cheese & roasted sauce with sage –Vegetable puree

Sweet and sour pork with plums – Basmati rice

Zucchini cooked in tomato sauce with anthotyro cheese (separately) & fresh thyme



TUESDAY

Traditional perch "A la spetsiota"- Steamed vegetables



Mix grill (Meat patty, chicken, sausage, pancetta, pita bread) – Potatoes with coriander

Tagliatelle with heavy cream sauce, broccoli & bacon

Traditional chickpeas soup with rosemary & lemon



WEDNESDAY

Tas kebab beef – Egyptian rice with roasted vermicelli

Peas cooked in lemon sauce with potatoes, flavored with fresh dill



Chicken fillet marinated with bbq sauce – Zucchini/carrots

THURSDAY

Meatballs with fresh coriander, ginger & teriyaki sauce – Fried rice



Cod fillet in batter – Potato salad with yogurt tartar sauce

Traditional vegetable "Sofegado" with fresh herbs



FRIDAY

Stir fry chicken fillet with fresh vegetables, ginger & soya – Basmati rice

Penne with ground beef sauce

Traditional eggplants "Imam"



WEEKLY MENU PLAN

JUN

13 – 17/06/2022

gefsinus®
FOOD CULTURE

MONDAY

HOLIDAY

TUESDAY

Chopped pork with
honey & cognac sauce–
Wild rice pilaf

Grilled meat patties
with blue cheese sauce
– Baked potatoes

Traditional baked giant
beans “Gigantes”



WEDNESDAY

Baked chicken
meatballs with sundried
tomato, geranium &
Florina peppers dip–
Masked potatoes with
parmesan

Beef orzo & fresh
tomato

Green beans cooked
in olive oil sweet
potato & tomato



THURSDAY

Meat loaf Florina
peppers & feta cheese –
Bakes baby potatoes

Lasagna with spinach,
chicken, graviera
cheese & tarragon

Traditional vegetable
“Briam”



FRIDAY



WEEKLY MENU PLAN

JUN

20 - 24 /06/2022

gefsinus[®]
FOOD CULTURE

MONDAY

Roasted pork chuck
with pineapple –
Red sweetpotato puree
with coriander & ginger

Traditional “Moussaka”

Spinach-rice flavored
with spring onion & dill



Turkey fillet cooked
with chardonnay &
fried caper– White
& red quinoa with
fresh herbs

TUESDAY



Meatballs from fresh
ground beef with feta
cheese, spearmint &
traditional “talatouri” –
Mashed potatoes with
katiki cheese

Penne au gratin, bacon,
vegetables, tomato &
cheese

Peas cooked in olive
oil with potatoes &
fresh dill



WEDNESDAY

Braised top round beef
with roasted sauce –
Celery root puree



Orzo casserole with
vegetables

Grilled chicken fillets
marinated with
fresh oregano –
Country potatoes

THURSDAY

Pork chuck with
cheese– Baked baby
potatoes

Traditional meatballs
“Soutzoukakia” –
– Rice pilaf

Baked okra cooked in
olive oil



FRIDAY

Shrimp linguini with
fennel & cherry
tomatoes

Chickpeas cooked with
wine with leek,
spearmint & lime



Rotisserie chicken–
Potatoes with mustard

WEEKLY MENU PLAN

JUN-JUL

gefsinus[®]
FOOD CULTURE

27/06 - 01/07/2022

MONDAY

Chicken thigh fillet
casserole with bulgur &
mizithra cheese

Pork steak cooked with
wine – Baked
potatoes/Roasted
vegetables

Green beans cooked
in olive oil



TUESDAY

Cod fillet in batter –
Potato salad with yogurt
tartar sauce

Meatballs a la mafia –
Chickpeas puree with
fennel

Artichokes a la
Polita with
vegetables & fresh
dill



WEDNESDAY

Spinach with bulgur,
tomato & fresh fennel

Beef Stroganoff
– Rice pilaf

Chicken souvlaki –
Baked potatoes with
curry, rosemary,
lemon & mustard



THURSDAY

Burger with goat
cheese & honey
mustard sauce –
Served with country
style potatoes

Traditional “Pastitsio”

Eggplants cooked in
olive oil



FRIDAY

Roasted chicken with
orange sauce – Baked
potatoes with oranges

Traditional “Gemista”,
stuffed tomatoes-
peppers with rice &
herbs – Baked potatoes

