#### WEEKLY MENU PLAN

06 - 10/06/2022

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





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



Tas kebab beef – Egyptian rice with roasted vermicelli

Meatballs with fresh

coriander, ginger &

teriyaki sauce – Fried

Peas cooked in lemon sauce with potatoes, flavored with fresh dill Chicken fillet marinated with bbq sauce -





Zucchini/carrots

rice

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

Penne with ground beef sauce

Potato salad with yogurt tartar sauce

Cod fillet in batter –

Traditional vegetable "Sofegado" with fresh herbs

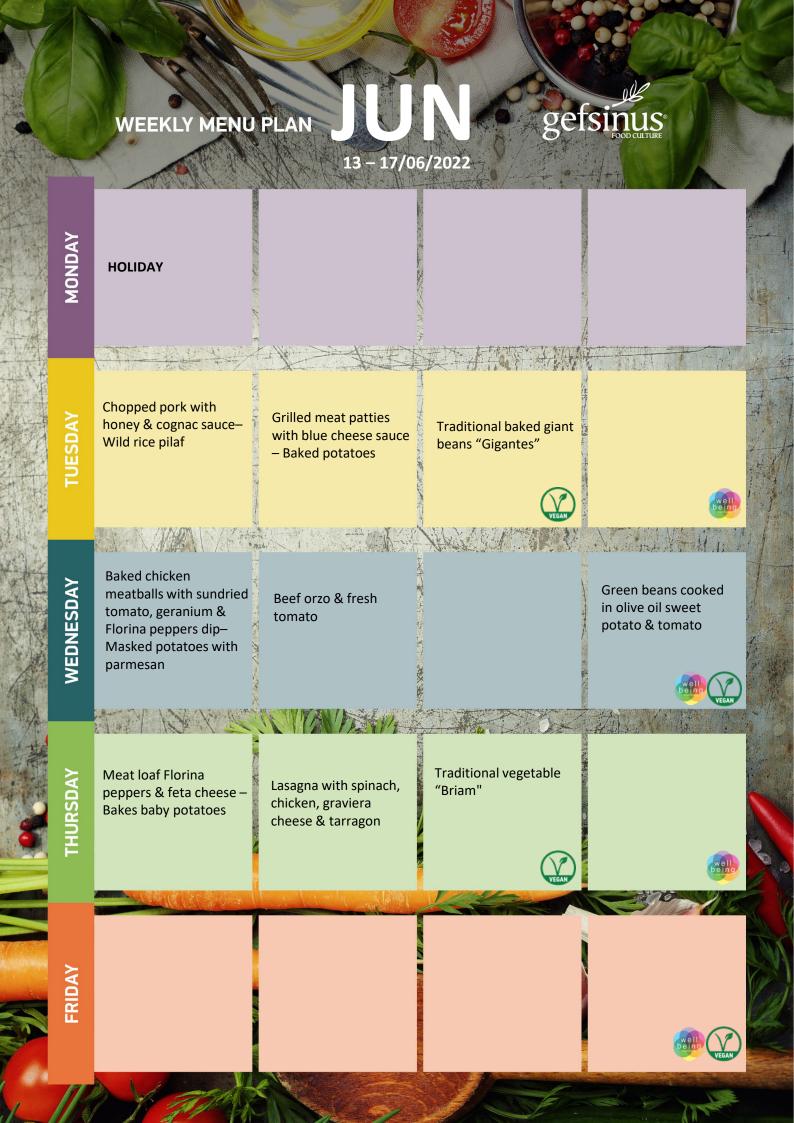


Traditional eggplants "Imam"









#### WEEKLY MENU PLAN

## JUN

20 - 24 /06/2022

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**40NDAY** 

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





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



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Braised top round beef with roasted sauce – Celery root puree Orzo casserole with vegetables

Grilled chicken fillets marinated with fresh oregano – Country potatoes





Pork chuck with cheese— Baked baby potatoes

Traditional meatballs "Soutzoukakia" –

– Rice pilaf

Baked okra cooked in olive oil





Shrimp linguini with fennel & cherry tomatoes

Chickpeas cooked with wine with leek, spearmint & lime



Rotisserie chicken– Potatoes with mustard

**-RIDAY** 

# WEEKLY MENU PLAN JUN-JUL gefsinus FOOD CULTURE

27/06 - 01/07/2022

**JONDA** 

Chicken thigh fillet casserole with bulgur & mizithra cheese

Pork steak cooked with wine – Baked potatoes/Roasted vegetables

Green beans cooked in olive oil





Cod Pota tart

Cod fillet in batter –
Potato salad with yogurt tartar sauce

Meatballs a la mafia – Chickpeas puree with fennel

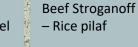
Artichokes a la Polita with vegetables & fresh dill





VEDNESDAY

Burger with goat cheese & honey mustard sauce – Served with country style potatoes Spinach with bulgur, tomato & fresh fennel



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





Traditional "Pastitsio"

Eggplants cooked in olive oil





Roasted chicken with orange sauce – Baked potatoes with oranges



Traditional "Gemista", stuffed tomatoespeppers with rice & herbs – Baked potatoes

