

# WEEKLY MENU PLAN

# MAY

gefsinus<sup>®</sup>  
FOOD CULTURE

02 - 06/05/2022

MONDAY

HOLIDAY

TUESDAY

Cod fillet – Potato salad  
with yogurt tartar sauce

Traditional meatballs  
“Soutzoukakia” –  
Risotto with vegetable  
brunoise

Greek rice with  
leeks “Prasorizo”  
with carrots & dill



WEDNESDAY

Beef with mushrooms –  
lemon sauce - Butter  
bulgur with herbs

Vegetable “Yiouveti”

Chicken Burger with  
Coriander - Broccoli  
–Carrot- Cauliflower



THURSDAY

Kontosouvli pork  
marinade with paprika -  
Lyonnise Potatoes with  
onions

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

Black eyed peas  
“Yachni” with  
Mediterranean  
hartwort



FRIDAY

Turkey fillets with red  
pepper sauce - Mashed  
potatoes with cottage  
cheese & fresh thyme

Traditional Baked  
Mpriam (Vegetables &  
Potatoes)

Sichuan Beef &  
basmati rice





# WEEKLY MENU PLAN

# MAY

gefsinus®  
FOOD CULTURE

09 - 13/05/2022

## MONDAY

Oven baked chicken  
with pepper gravy sauce  
- Baby potatoes with  
thyme

Pork bites with sun-  
dried tomato & feta -  
Bulgur with nuts &  
raisins

Country- style  
mushroom pie by  
Gefsinous

Okra with fresh  
herbs



## TUESDAY



Mixed grill (Burger,  
chicken, sausage,  
pancetta, pie) -  
Potatoes with curry,  
lemon & rosemary

Screws pasta with  
bolognese sauce

Spinach rice with  
fresh dill



## WEDNESDAY

Eggplants stuffed with  
smoked veal regatta &  
tomato gratin

Chicken fillet with  
parmesan cream -  
Mashed potatoes

Spaghetti with shrimp,  
fennel & cherry  
tomatoes

Chickpeas with  
zucchini, carrot &  
curry paste



## THURSDAY



Meatballs with tomato  
sauce & sweet peppers  
- Risotto with leek,  
bacon & mushrooms

Giant beans,  
"Gigantes"



Mousakas Gefsinous

## FRIDAY

Tandoori chicken with  
yogurt sauce -  
Couscous with  
vegetables

Pork scallops with  
lemon & caper sauce -  
Potatoes with  
coriander

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





# WEEKLY MENU PLAN

# MAY

gefsinus<sup>®</sup>  
FOOD CULTURE

16 - 20/05/2022

MONDAY

Lasagne au gratin with spinach, leek, mushrooms & cheese

Peas with potatoes

Chicken leg fillet with pineapple, colorful peppers & white sauce - Rice with mushrooms



TUESDAY

Burger with goat cheese & honey mustard sauce - Served with traditional potatoes

Tortellini with cream from peas, pork ham, tomato & basil

Ragout zucchini with cream cheese & thyme



WEDNESDAY

Grilled chicken fillet marinated with thyme & oregano - Rice with corn & peas

Beans with "Yachni" potatoes

Beef with roasted eggplant puree



THURSDAY

Burger with oats, cheese, sour milk, tomato, pepper & basil - Baked potatoes with mustard

Grilled pork steak with lemon-oil sauce & marjoram - Lentils with vegetables & cumin

Mixed vegetables with feta in the oven



FRIDAY

Chicken roll with wine sauce & vegetables - Lyonnaise Potatoes

Beef with plums & red wine - Wild rice

Traditional "Gemista", stuffed tomatoes-peppers with rice & herbs





# WEEKLY MENU PLAN

# MAY

gefsinus<sup>®</sup>  
FOOD CULTURE

23 - 27/05/2022

## MONDAY

Grilled Chicken with Vegetables & Cheese - White & Red Quinoa with Fresh Vegetables & Spices



Crepes with spinach & cheese

Beans with myrons & fennel



Pork with rosemary, peppers & sliced olives - Corn rice

## TUESDAY

Breaded cod fillet - Potato salad with yogurt tartar sauce

Cretan carbonara with whole grain linguine pasta with apaki & marjoram

Baked Eggplants with tomato



Grilled meatballs with feta, mint, & ouzo -Rice with turmeric

## WEDNESDAY

Beef with beer sauce & mustard seeds - Chickpea puree with leek

Spaghetti with tarama, tomato & olives

Chicken leg fillet teriyaki marinated with soya sauce & ginger - Fried rice

Spinach with bulgur, tomato & fennel



## THURSDAY

Grilled burgers - Baked potatoes



"Athenian" Pastitsio

Lentil & rice with vegetables & curry

## FRIDAY

Pork ala saltiboga – Bulgur with nuts, fruits & raisins

Turkey fillet with sauce - Vegetable puree



Artichokes a la polita





# WEEKLY MENU PLAN

# MAY

30/05 - 03/06/2022

gefsinus®  
FOOD CULTURE

## MONDAY

Chicken kopanaki  
kontosouvli - Rustic  
baked potatoes with  
peppers

Lasagne with  
vegetables, tomato &  
mozzarella cheese

Pork with sausages,  
peppers & mushrooms  
- Rice pilaf

Beans with fresh  
tomato



## TUESDAY



Kebab with pie, yogurt  
dip, fresh tomato &  
onion - Baked potatoes  
with curry, paprika,  
lemon & rosemary

Baked giant beans with  
rustic sausages

Tricolor screws with  
sun-dried tomato,  
feta & olive

## WEDNESDAY

Chicken legs with  
tomato sauce-  
Traditional rustic pasta

Beef sofrito - Wild rice  
pilaf

Eggplants "Imam" with  
fresh tomatoes &  
caramelized onions



## THURSDAY

Minced meat roll  
stuffed with red  
peppers & feta -  
Mushroom risotto



Baked okra with  
tomato & parsley

Grilled pork skewers  
- Baked potatoes  
with grilled  
vegetables

## FRIDAY



Turkey fillets with  
mustard & lemon -  
Steamed vegetables

Beef ragout with  
zucchini & eggplants

Traditional  
"Gemista", stuffed  
tomatoes-peppers  
with rice & herbs