

WEEKLY MENU PLAN

SEP

06-10/09/2021

gefsinus[®]
FOOD CULTURE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grilled meat patties
with Roquefort sauce –
Baked potatoes with
mustard

Baked giant beans
with fresh tomato

Chicken fillet marinated
with BBQ sauce – Lentils
with vegetables &
cumin

Baked okra in olive oil
& fresh tomato

Meatballs with
spearmint sauce – Rice
with Kozani saffron

Traditional mushroom
pie with sun-dried
tomato, gruyere
cheese & bulgur

Chicken kebab with
corn pita bread & spicy
yogurt sauce – Baked
potatoes

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

WEEKLY MENU PLAN

SEP

13-17/09/2021

gefsinus[®]
FOOD CULTURE

MONDAY

Chicken thigh fillets
with pineapple, rainbow
peppers & cream –
basmati rice

Leek & rice with
fresh herbs

TUESDAY

Burger with fresh
ground meat, honey-
mustard sauce &
country style potatoes

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

WEDNESDAY

Fusilli Bolognese with
fresh ground meat &
fresh tomato

Peas cooked in lemon
sauce with artichokes,
carrots & lemon zest

Chicken fillet
marinated with yogurt,
cardamom & curry –
Potatoes with orange

THURSDAY

Baked meatballs with
fresh ground meat,
feta cheese, spearmint,
ouzo & Cypriot
“talatouri” – mashed
potatoes with tomato

Seafood couscous
with fresh herbs

FRIDAY

Chicken with orzo &
fresh tomato ‘Giouvetsi’

Lentil soup

WEEKLY MENU PLAN

SEP

20-24/09/2021

gefsinus[®]
FOOD CULTURE

MONDAY

'Pastitsio' with fresh ground meat & fluffy bechamel

Traditional vegetable 'Briam' with tomato & fresh spearmint leaves

TUESDAY

Grilled beef kebab with pita bread, yogurt, tomato & onion – Baked potatoes

Borlotti beans with fresh chervil, spinach & fennel

WEDNESDAY

Cod fillet in batter – Potato salad with yogurt tartar sauce

Turkey with citrus sauce – Basmati rice/steamed broccoli

THURSDAY

Baked beef with porcini mushroom sauce – wild rice pilaf

Linguine with shrimps, cherry tomatoes, fennel & ouzo

Green beans cooked in olive oil with fresh tomato & potatoes

FRIDAY

Pappardelle with tomato, feta cheese, olives, dill & vegetables

Chicken patty with fresh ground meat & coriander – Steamed vegetables

WEEKLY MENU PLAN

SEP

27/09-01/10/2021

gefsinus[®]
FOOD CULTURE

MONDAY

Baked chicken with orange sauce – Fresh vegetable puree

Zucchini ragout with fresh tomato, anthotiro cheese & thyme

TUESDAY

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

Penne with chicken, cherry tomatoes, zucchini & locally produced basil pesto

Spinach with bulgur, tomato & fennel

WEDNESDAY

Grilled chicken fillet – Baked potatoes with curry, rosemary, lemon & mustard

Artichokes a la polita with peas, carrot & dill

THURSDAY

Meatballs with fresh ground meat a la mafia with spicy tomato sauce – Rice with Kozani saffron

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

FRIDAY

Noodles stir fry with vegetables

Stuffed tomatoes & peppers with fresh ground meat

Fried chicken in parmesan & mushroom butter – Fresh mashed potatoes