



MONDAY
LABOR DAY

TUESDAY

Fresh minced meat burgers with Roquefort sauce – roast potatoes with mustard

✓ Giant beans in the oven with fresh tomato

WEDNESDAY

Chicken fillet with BBQ sauce – lentils with vegetables & cumin

Okra with fresh tomato in the oven

THURSDAY

Fresh minced beef meatballs with spearmint sauce – aromatic saffron rice

Crepes with spinach & cheese

FRIDAY

Chicken kebab with corn pita bread & spicy yoghurt sauce – roast potatoes

Traditional tomatoes and peppers stuffed with rice and fresh spices

✓ **Low calorie meal**

**MONDAY**

Chicken fillet with sweet chili sauce – aromatic basmati rice

✓ Leek and rice casserole with fresh herbs

TUESDAY

Fresh minced meat burger with goat cheese, honey mustard sauce & country style potatoes

✓ Cretan “Sofegado” with vegetables & fresh tomtao

WEDNESDAY

Chicken fillet with yoghurt, cardamom & curry – orange glazed potatoes

✓ Baked cod with fresh tomato, capers, olives & saffron – boiled vegetables

THURSDAY

Roasted meatballs with feta cheese, spearmint, ouzo & Cypriot talantouri – mashed potatoes with tomato

Green peas in lemon sauce with artichokes, carrots and lemon zest

FRIDAY

Chicken with pasta in fresh tomato sauce

Lentil soup

✓ **Low calorie meal**

**MONDAY**

Pasticcio with fresh minced meat and fluffy béchamel

✓ Traditional mixed vegetables with tomato and fresh spearmint leaves

TUESDAY

Grilled beef kebab with pita bread, yoghurt, tomato & onion – roast potatoes

Beans in a pot with fresh greens, spinach & fennel

WEDNESDAY

Crusted cod fillet – potato salad with yoghurt tartar sauce

Green beans with fresh tomato sauce and potatoes

THURSDAY

Linguine with shrimps, fresh cherry tomatoes, fennel & ouzo

✓ Zucchini ragout with fresh tomato, Anthotyro cheese & thyme

FRIDAY

Papardelle with fresh diced tomato, feta cheese, olives, dill & vegetables

✓ Chicken burger with coriander – steamed vegetables

✓ **Low calorie meal**

**MONDAY**

Pork scallops with Mavrodafni wine sauce & Porcini mushrooms – rice pilaf

✓ Green peas in lemon sauce with potatoes & dill

TUESDAY

Burgers with oat, Tyrozouli cheese, sour milk, tomato, peppers & basil – mashed carrots

✓ Spinach with bulgur, tomato & fennel

WEDNESDAY

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

Artichokes ala polita with green peas, carrot & dill

THURSDAY

Meatballs ala mafia with chili tomato sauce – saffron rice

✓ Cabbage with white & red quinoa, sweet red peppers & cumin

FRIDAY

Noodles stir fry with vegetables

Tomatoes and peppers stuffed with minced meat

✓ **Low calorie meal**