

12 - 16/04/2021

MONDAY

Lasagna Bolognese & mozzarella cheese

Chickpeas with tomato, cumin & red sweet pepper coulis



TUESDAY

Spinach and rice casserole with aromatic herbs



Meatball soup with potatoes & carrots



WEDNESDAY

Chicken fillet stir fry with vegetables, ginger & soy – basmati rice



Crusted cod fillet – potato salad with yoghurt tartar sauce

THURSDAY

Burgers with Roquefort sauce – white & red quinoa with fresh vegetables & herbs



Bean soup with herbs

FRIDAY

Chicken skewer – roast potatoes



“Sofegado” stewed zucchini, eggplants, beans, okra & potatoes with fresh tomato



WEEKLY MENU PLAN

# APR

19 - 23/04/2021



MONDAY

Roasted chicken thigh –  
mashed potatoes with  
Katiki cheese & fresh  
thyme

Green beans in  
tomato sauce with  
sweet potato &  
tomato



TUESDAY

Mix grill (burger,  
Rethymnian sausage,  
chicken fillet, pancetta,  
pita bread – roast  
potatoes

Leek and rice  
casserole with  
carrots & dill



WEDNESDAY

Roasted chicken –  
country-style potatoes

Artichokes ala polita



THURSDAY

Meatballs with fresh  
coriander, ginger &  
teriyaki sauce – black  
beans with miso  
sesame oil & leek

Stuffed eggplants  
(imam Bayildi)



FRIDAY

Turkey fillets with red  
pepper sauce – bulgur  
with herbs and sundried  
tomato

Noodles stir fry with  
vegetables and soy  
sauce

