

**MONDAY**

Roasted chicken with orange sauce – orange glazed potatoes

Pork chops with honey & thyme sauce – rice with leek, bacon & mushrooms

✓ Lentil soup

TUESDAY

Burger Angus with goat cheese & honey mustard sauce – traditional potatoes

Paella ala valenciana

✓ Okra in oil with fresh tomato

WEDNESDAY

Crusted cod fillet – potato salad & yoghurt tartar sauce

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

✓ Bean soup

THURSDAY

Fresh ground beef meatballs soup in egg-lemon sauce

Spinach and rice

✓ Grilled pork steak in oil-lemon sauce – potatoes with coriander/steamed broccoli

FRIDAY

Roasted chicken thigh – mustard glazed potatoes

Traditional tomatoes and peppers stuffed with rice

✓ Fresh baked salmon with fennel & leek sauce – steamed vegetables

✓ **Low calorie meal**

**MONDAY**

Pasticcio with fluffy béchamel & fresh ground beef

Chickpeas in a pot

✓ Roasted chicken with mustard sauce – roast potatoes/ boiled zucchini

TUESDAY

Silverside veal with fresh vegetable sauce – mashed celeriac

Eggplants with fresh tomato, feta cheese & basil

✓ Whole grain penne with fresh tomato sauce, vegetables & Anthotyro cheese

WEDNESDAY

Octopus ragout with beans, peppers & fennel

Grilled chicken marinated with yoghurt, cardamom & curry – basmati ricce

✓ Leek with rice, carrots and fresh dill

THURSDAY

Pork chop with pineapple & cloves – fresh mashed potatoes

Fresh ground beef meatballs with fresh tomato sauce & peppers – saffron rice

✓ “Briam” mixed vegetables with fresh tomato & fresh spearmint

FRIDAY

Chicken thigh Cacciatore – rice pilaf

Green peas with fresh tomato & potatoes

✓ Grilled fresh sea bream – steamed vegetables with olive oil

✓ **Low calorie meal**

**MONDAY**

Fresh chicken fillet with Chios mastic sauce – Lyonnaise potatoes

Roasted pork with Ajem rice

✓ Green peas in lemon sauce with artichokes, carrots & lemon zest

TUESDAY

Fresh ground beef burgers with oat flakes, “Tyrozouli” cheese, sour milk, tomato, peppers & basil – wild rice pilaf

Spinach with rice and fresh spices

✓ Linguine with aromatic shrimps sauce, fennel & cherry tomatoes

WEDNESDAY

Fresh chicken ala fajitas with beer, peppers & coriander – aromatic basmati rice

Green beans with fresh tomato and potatoes

✓ Cod soup in egg-lemon sauce

THURSDAY

Fresh ground beef meatballs with spearmint sauce – bulgur with goat butter, nuts & raisins

Mixed vegetables with feta cheese in the oven

✓ Cuttlefish ragout with pasta

FRIDAY

Crusted cod fillet – potato salad & yoghurt tartar sauce

Chickpeas soup

✓ Chicken burgers – steamed vegetables with olive oil

✓ **Low calorie meal**