

# WEEKLY MENU PLAN

# FEB



01 - 05/02/2020

DAY	MEAL 1	MEAL 2	MEAL 3	MEAL 4	NUTRITION FACTS PER SERVING																					
MONDAY	Grilled chicken fillets – roasted baby potatoes with cherry tomatoes & rosemary			Traditional chickpeas soup	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>600</td><td>30</td></tr> <tr><td>PROTEIN (gr)</td><td>24.6</td><td>49</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>78.6</td><td>26</td></tr> <tr><td>SUGAR (gr)</td><td>14.4</td><td>36</td></tr> <tr><td>FIBER (gr)</td><td>21.2</td><td>85</td></tr> <tr><td>TOTAL FAT (gr)</td><td>22.7</td><td>35</td></tr> <tr><td>SATURATED FAT (gr)</td><td>2.8</td><td>14</td></tr> </table>	ENERGY (Kcal)	600	30	PROTEIN (gr)	24.6	49	CARBOHYDRATES (gr)	78.6	26	SUGAR (gr)	14.4	36	FIBER (gr)	21.2	85	TOTAL FAT (gr)	22.7	35	SATURATED FAT (gr)	2.8	14
ENERGY (Kcal)	600	30																								
PROTEIN (gr)	24.6	49																								
CARBOHYDRATES (gr)	78.6	26																								
SUGAR (gr)	14.4	36																								
FIBER (gr)	21.2	85																								
TOTAL FAT (gr)	22.7	35																								
SATURATED FAT (gr)	2.8	14																								
TUESDAY		Grilled beef burgers – roasted mustard glazed potatoes		Artichokes ala polita with lemon sauce	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>417</td><td>21</td></tr> <tr><td>PROTEIN (gr)</td><td>8.5</td><td>17</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>36.1</td><td>12</td></tr> <tr><td>SUGAR (gr)</td><td>6.4</td><td>16</td></tr> <tr><td>FIBER (gr)</td><td>9.7</td><td>39</td></tr> <tr><td>TOTAL FAT (gr)</td><td>28.3</td><td>44</td></tr> <tr><td>SATURATED FAT (gr)</td><td>3.9</td><td>19</td></tr> </table>	ENERGY (Kcal)	417	21	PROTEIN (gr)	8.5	17	CARBOHYDRATES (gr)	36.1	12	SUGAR (gr)	6.4	16	FIBER (gr)	9.7	39	TOTAL FAT (gr)	28.3	44	SATURATED FAT (gr)	3.9	19
ENERGY (Kcal)	417	21																								
PROTEIN (gr)	8.5	17																								
CARBOHYDRATES (gr)	36.1	12																								
SUGAR (gr)	6.4	16																								
FIBER (gr)	9.7	39																								
TOTAL FAT (gr)	28.3	44																								
SATURATED FAT (gr)	3.9	19																								
WEDNESDAY	Chicken soup with egg-lemon sauce		Green beans in tomato sauce with sweet potato & fresh tomato		<table border="1"> <tr><td>ENERGY (Kcal)</td><td>653</td><td>33</td></tr> <tr><td>PROTEIN (gr)</td><td>36,1</td><td>72</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>25,4</td><td>8</td></tr> <tr><td>SUGAR (gr)</td><td>8,1</td><td>20</td></tr> <tr><td>FIBER (gr)</td><td>3,1</td><td>13</td></tr> <tr><td>TOTAL FAT (gr)</td><td>34,5</td><td>53</td></tr> <tr><td>SATURATED FAT (gr)</td><td>12,1</td><td>61</td></tr> </table>	ENERGY (Kcal)	653	33	PROTEIN (gr)	36,1	72	CARBOHYDRATES (gr)	25,4	8	SUGAR (gr)	8,1	20	FIBER (gr)	3,1	13	TOTAL FAT (gr)	34,5	53	SATURATED FAT (gr)	12,1	61
ENERGY (Kcal)	653	33																								
PROTEIN (gr)	36,1	72																								
CARBOHYDRATES (gr)	25,4	8																								
SUGAR (gr)	8,1	20																								
FIBER (gr)	3,1	13																								
TOTAL FAT (gr)	34,5	53																								
SATURATED FAT (gr)	12,1	61																								
THURSDAY		Meatballs a la mafia – celeriac puree		Traditional "Briam" mixed vegetables in tomato sauce	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>449</td><td>22</td></tr> <tr><td>PROTEIN (gr)</td><td>5,0</td><td>10</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>49,2</td><td>16</td></tr> <tr><td>SUGAR (gr)</td><td>9,5</td><td>24</td></tr> <tr><td>FIBER (gr)</td><td>8,1</td><td>32</td></tr> <tr><td>TOTAL FAT (gr)</td><td>27,9</td><td>43</td></tr> <tr><td>SATURATED FAT (gr)</td><td>3,8</td><td>19</td></tr> </table>	ENERGY (Kcal)	449	22	PROTEIN (gr)	5,0	10	CARBOHYDRATES (gr)	49,2	16	SUGAR (gr)	9,5	24	FIBER (gr)	8,1	32	TOTAL FAT (gr)	27,9	43	SATURATED FAT (gr)	3,8	19
ENERGY (Kcal)	449	22																								
PROTEIN (gr)	5,0	10																								
CARBOHYDRATES (gr)	49,2	16																								
SUGAR (gr)	9,5	24																								
FIBER (gr)	8,1	32																								
TOTAL FAT (gr)	27,9	43																								
SATURATED FAT (gr)	3,8	19																								
FRIDAY		Roasted chicken – roasted country-style potatoes		Traditional tomatoes and peppers stuffed with rice and fresh spices	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>528</td><td>26</td></tr> <tr><td>PROTEIN (gr)</td><td>7.0</td><td>14</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>62.6</td><td>21</td></tr> <tr><td>SUGAR (gr)</td><td>8.3</td><td>21</td></tr> <tr><td>FIBER (gr)</td><td>3.7</td><td>15</td></tr> <tr><td>TOTAL FAT (gr)</td><td>28.4</td><td>44</td></tr> <tr><td>SATURATED FAT (gr)</td><td>3.6</td><td>18</td></tr> </table>	ENERGY (Kcal)	528	26	PROTEIN (gr)	7.0	14	CARBOHYDRATES (gr)	62.6	21	SUGAR (gr)	8.3	21	FIBER (gr)	3.7	15	TOTAL FAT (gr)	28.4	44	SATURATED FAT (gr)	3.6	18
ENERGY (Kcal)	528	26																								
PROTEIN (gr)	7.0	14																								
CARBOHYDRATES (gr)	62.6	21																								
SUGAR (gr)	8.3	21																								
FIBER (gr)	3.7	15																								
TOTAL FAT (gr)	28.4	44																								
SATURATED FAT (gr)	3.6	18																								









\* (%) Daily Percentage Values based on a 2,000 calorie diet. Your daily values may be different depending on your calorie needs.

# WEEKLY MENU PLAN

# FEB

gefsinus  
FOOD CULTURE

08 - 12/02/2021

DAY	MEAL 1	MEAL 2	MEAL 3	MEAL 4	NUTRITION FACTS PER SERVING																					
MONDAY			Traditional pasticchio with fluffy béchamel & fresh minced beef	Traditional bean soup  	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>438</td><td>22</td></tr> <tr><td>PROTEIN (gr)</td><td>20.6</td><td>41</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>58.4</td><td>19</td></tr> <tr><td>SUGAR (gr)</td><td>5.3</td><td>13</td></tr> <tr><td>FIBER (gr)</td><td>14.4</td><td>58</td></tr> <tr><td>TOTAL FAT (gr)</td><td>15.0</td><td>23</td></tr> <tr><td>SATURATED FAT (gr)</td><td>2.1</td><td>11</td></tr> </table>	ENERGY (Kcal)	438	22	PROTEIN (gr)	20.6	41	CARBOHYDRATES (gr)	58.4	19	SUGAR (gr)	5.3	13	FIBER (gr)	14.4	58	TOTAL FAT (gr)	15.0	23	SATURATED FAT (gr)	2.1	11
ENERGY (Kcal)	438	22																								
PROTEIN (gr)	20.6	41																								
CARBOHYDRATES (gr)	58.4	19																								
SUGAR (gr)	5.3	13																								
FIBER (gr)	14.4	58																								
TOTAL FAT (gr)	15.0	23																								
SATURATED FAT (gr)	2.1	11																								
TUESDAY		Meatballs soup in egg-lemon sauce with potatoes and carrots	Green peas with celeriac and fennel 		<table border="1"> <tr><td>ENERGY (Kcal)</td><td>570</td><td>29</td></tr> <tr><td>PROTEIN (gr)</td><td>18.5</td><td>37</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>96.5</td><td>32</td></tr> <tr><td>SUGAR (gr)</td><td>4.5</td><td>11</td></tr> <tr><td>FIBER (gr)</td><td>4.1</td><td>16</td></tr> <tr><td>TOTAL FAT (gr)</td><td>11.5</td><td>18</td></tr> <tr><td>SATURATED FAT (gr)</td><td>2.1</td><td>11</td></tr> </table>	ENERGY (Kcal)	570	29	PROTEIN (gr)	18.5	37	CARBOHYDRATES (gr)	96.5	32	SUGAR (gr)	4.5	11	FIBER (gr)	4.1	16	TOTAL FAT (gr)	11.5	18	SATURATED FAT (gr)	2.1	11
ENERGY (Kcal)	570	29																								
PROTEIN (gr)	18.5	37																								
CARBOHYDRATES (gr)	96.5	32																								
SUGAR (gr)	4.5	11																								
FIBER (gr)	4.1	16																								
TOTAL FAT (gr)	11.5	18																								
SATURATED FAT (gr)	2.1	11																								
WEDNESDAY	Crusted cod fillet – potato salad & yoghurt tartar sauce			Aromatic Greek rice with leeks, carrots & dill  	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>423</td><td>21</td></tr> <tr><td>PROTEIN (gr)</td><td>6.1</td><td>12</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>69.7</td><td>23</td></tr> <tr><td>SUGAR (gr)</td><td>17.7</td><td>44</td></tr> <tr><td>FIBER (gr)</td><td>5.8</td><td>23</td></tr> <tr><td>TOTAL FAT (gr)</td><td>10.2</td><td>16</td></tr> <tr><td>SATURATED FAT (gr)</td><td>1.3</td><td>7</td></tr> </table>	ENERGY (Kcal)	423	21	PROTEIN (gr)	6.1	12	CARBOHYDRATES (gr)	69.7	23	SUGAR (gr)	17.7	44	FIBER (gr)	5.8	23	TOTAL FAT (gr)	10.2	16	SATURATED FAT (gr)	1.3	7
ENERGY (Kcal)	423	21																								
PROTEIN (gr)	6.1	12																								
CARBOHYDRATES (gr)	69.7	23																								
SUGAR (gr)	17.7	44																								
FIBER (gr)	5.8	23																								
TOTAL FAT (gr)	10.2	16																								
SATURATED FAT (gr)	1.3	7																								
THURSDAY			Chickpeas with leeks, fresh spearmint and fresh lime 	Eye round beef roast – roasted baby potatoes with cherry tomatoes & rosemary 	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>668</td><td>33</td></tr> <tr><td>PROTEIN (gr)</td><td>29</td><td>59</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>43</td><td>14</td></tr> <tr><td>SUGAR (gr)</td><td>7</td><td>18</td></tr> <tr><td>FIBER (gr)</td><td>4</td><td>16</td></tr> <tr><td>TOTAL FAT (gr)</td><td>40</td><td>62</td></tr> <tr><td>SATURATED FAT (gr)</td><td>9</td><td>44</td></tr> </table>	ENERGY (Kcal)	668	33	PROTEIN (gr)	29	59	CARBOHYDRATES (gr)	43	14	SUGAR (gr)	7	18	FIBER (gr)	4	16	TOTAL FAT (gr)	40	62	SATURATED FAT (gr)	9	44
ENERGY (Kcal)	668	33																								
PROTEIN (gr)	29	59																								
CARBOHYDRATES (gr)	43	14																								
SUGAR (gr)	7	18																								
FIBER (gr)	4	16																								
TOTAL FAT (gr)	40	62																								
SATURATED FAT (gr)	9	44																								
FRIDAY	Chicken Zurich style with fresh mushrooms & cream – mashed potatoes with parmesan			Cuttlefish ragout with spinach and tomato 	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>612</td><td>31</td></tr> <tr><td>PROTEIN (gr)</td><td>39.3</td><td>79</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>75.0</td><td>25</td></tr> <tr><td>SUGAR (gr)</td><td>4.2</td><td>11</td></tr> <tr><td>FIBER (gr)</td><td>1.7</td><td>7</td></tr> <tr><td>TOTAL FAT (gr)</td><td>14.0</td><td>22.0</td></tr> <tr><td>SATURATED FAT (gr)</td><td>3.8</td><td>19</td></tr> </table>	ENERGY (Kcal)	612	31	PROTEIN (gr)	39.3	79	CARBOHYDRATES (gr)	75.0	25	SUGAR (gr)	4.2	11	FIBER (gr)	1.7	7	TOTAL FAT (gr)	14.0	22.0	SATURATED FAT (gr)	3.8	19
ENERGY (Kcal)	612	31																								
PROTEIN (gr)	39.3	79																								
CARBOHYDRATES (gr)	75.0	25																								
SUGAR (gr)	4.2	11																								
FIBER (gr)	1.7	7																								
TOTAL FAT (gr)	14.0	22.0																								
SATURATED FAT (gr)	3.8	19																								

\* (%) Daily Percentage Values based on a 2,000 calorie diet. Your daily values may be different depending on your calorie needs.

# WEEKLY MENU PLAN

# FEB

gefsinus  
FOOD CULTURE

15 - 19/02/2021

MONDAY

Chicken roll stuffed with Kasserri cheese & sage – country style potatoes

Wild mushroom soup with porcini, pleurotus & agaricus



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	355	18
PROTEIN (gr)	10,7	21
CARBOHYDRATES (gr)	23,8	8
SUGAR (gr)	9,0	22
FIBER (gr)	6,3	25
TOTAL FAT (gr)	26,9	41
SATURATED FAT (gr)	7,3	36

TUESDAY

Meatballs in tomato sauce – mashed potatoes with Katiki & fresh thyme

Baked eggplants with cheese & fresh tomato



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	413	21
PROTEIN (gr)	7.9	16
CARBOHYDRATES (gr)	23.5	8
SUGAR (gr)	11.5	29
FIBER (gr)	10.8	43
TOTAL FAT (gr)	34.3	53
SATURATED FAT (gr)	8.2	41

WEDNESDAY

Chicken fillet with BBQ sauce – bulgur with sundried tomato, vegetables & herbs

Green peas with artichokes and carrots in lemon sauce



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	461	23
PROTEIN (gr)	38.0	76
CARBOHYDRATES (gr)	13.0	4
SUGAR (gr)	4.6	11.0
FIBER (gr)	6.2	25
TOTAL FAT (gr)	29.3	45
SATURATED FAT (gr)	4.1	20

THURSDAY

Grilled pork steak with fresh herbs – white & red quinoa with fresh vegetables

Cassoulet beans with sausages & vegetables

Linguine with shrimps, fresh fennel & cherry tomatoes



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	646	32
PROTEIN (gr)	39.4	79
CARBOHYDRATES (gr)	81.2	27
SUGAR (gr)	4.6	11
FIBER (gr)	8.7	35
TOTAL FAT (gr)	15.8	24
SATURATED FAT (gr)	2.1	11

FRIDAY

Roasted chicken – roast potatoes with curry, rosemary, lemon & mustard

Spinach and rice casserole with aromatic herbs



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	475	24
PROTEIN (gr)	48.2	96
CARBOHYDRATES (gr)	18.0	6
SUGAR (gr)	4.5	11
FIBER (gr)	6.3	25
TOTAL FAT (gr)	23.2	36
SATURATED FAT (gr)	4.9	25

\* (%) Daily Percentage Values based on a 2,000 calorie diet. Your daily values may be different depending on your calorie needs.

# WEEKLY MENU PLAN

# FEB



22 - 26/02/2021

DAY	MEAL 1	MEAL 2	MEAL 3	NUTRITION FACTS PER SERVING																					
<b>MONDAY</b>	Grilled chicken thigh Satay – basmati rice with green peas		Lentil soup	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>421</td><td>21</td></tr> <tr><td>PROTEIN (gr)</td><td>23.5</td><td>47</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>57.3</td><td>19</td></tr> <tr><td>SUGAR (gr)</td><td>8.0</td><td>20</td></tr> <tr><td>FIBER (gr)</td><td>20.8</td><td>83</td></tr> <tr><td>TOTAL FAT (gr)</td><td>12.5</td><td>19</td></tr> <tr><td>SATURATED FAT (gr)</td><td>1.7</td><td>9</td></tr> </table>	ENERGY (Kcal)	421	21	PROTEIN (gr)	23.5	47	CARBOHYDRATES (gr)	57.3	19	SUGAR (gr)	8.0	20	FIBER (gr)	20.8	83	TOTAL FAT (gr)	12.5	19	SATURATED FAT (gr)	1.7	9
ENERGY (Kcal)	421	21																							
PROTEIN (gr)	23.5	47																							
CARBOHYDRATES (gr)	57.3	19																							
SUGAR (gr)	8.0	20																							
FIBER (gr)	20.8	83																							
TOTAL FAT (gr)	12.5	19																							
SATURATED FAT (gr)	1.7	9																							
<b>TUESDAY</b>	Minced meat roll stuffed with sweet red peppers & feta cheese – roast potatoes		Okra with fresh tomato sauce	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>490</td><td>25</td></tr> <tr><td>PROTEIN (gr)</td><td>31.6</td><td>63</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>10.7</td><td>4</td></tr> <tr><td>SUGAR (gr)</td><td>4.0</td><td>10</td></tr> <tr><td>FIBER (gr)</td><td>1.8</td><td>7</td></tr> <tr><td>TOTAL FAT (gr)</td><td>35.5</td><td>55</td></tr> <tr><td>SATURATED FAT (gr)</td><td>11.6</td><td>58</td></tr> </table>	ENERGY (Kcal)	490	25	PROTEIN (gr)	31.6	63	CARBOHYDRATES (gr)	10.7	4	SUGAR (gr)	4.0	10	FIBER (gr)	1.8	7	TOTAL FAT (gr)	35.5	55	SATURATED FAT (gr)	11.6	58
ENERGY (Kcal)	490	25																							
PROTEIN (gr)	31.6	63																							
CARBOHYDRATES (gr)	10.7	4																							
SUGAR (gr)	4.0	10																							
FIBER (gr)	1.8	7																							
TOTAL FAT (gr)	35.5	55																							
SATURATED FAT (gr)	11.6	58																							
<b>WEDNESDAY</b>		Turkey fillets with red pepper sauce – wild rice pilaf	Traditional cabbage with rice and fresh herbs	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>354</td><td>18</td></tr> <tr><td>PROTEIN (gr)</td><td>7.2</td><td>14</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>54.4</td><td>18</td></tr> <tr><td>SUGAR (gr)</td><td>11.2</td><td>28</td></tr> <tr><td>FIBER (gr)</td><td>6.6</td><td>27</td></tr> <tr><td>TOTAL FAT (gr)</td><td>14.4</td><td>22</td></tr> <tr><td>SATURATED FAT (gr)</td><td>1.9</td><td>9</td></tr> </table>	ENERGY (Kcal)	354	18	PROTEIN (gr)	7.2	14	CARBOHYDRATES (gr)	54.4	18	SUGAR (gr)	11.2	28	FIBER (gr)	6.6	27	TOTAL FAT (gr)	14.4	22	SATURATED FAT (gr)	1.9	9
ENERGY (Kcal)	354	18																							
PROTEIN (gr)	7.2	14																							
CARBOHYDRATES (gr)	54.4	18																							
SUGAR (gr)	11.2	28																							
FIBER (gr)	6.6	27																							
TOTAL FAT (gr)	14.4	22																							
SATURATED FAT (gr)	1.9	9																							
<b>THURSDAY</b>		Meatballs with tomato sauce & sweet peppers – risotto with vegetable brunoise	Lenten Moussaka with eggplants, mushrooms & bulgur	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>436</td><td>22</td></tr> <tr><td>PROTEIN (gr)</td><td>37.0</td><td>74</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>17.0</td><td>6</td></tr> <tr><td>SUGAR (gr)</td><td>3.6</td><td>9</td></tr> <tr><td>FIBER (gr)</td><td>1.8</td><td>7</td></tr> <tr><td>TOTAL FAT (gr)</td><td>23.9</td><td>37</td></tr> <tr><td>SATURATED FAT (gr)</td><td>6.3</td><td>31</td></tr> </table>	ENERGY (Kcal)	436	22	PROTEIN (gr)	37.0	74	CARBOHYDRATES (gr)	17.0	6	SUGAR (gr)	3.6	9	FIBER (gr)	1.8	7	TOTAL FAT (gr)	23.9	37	SATURATED FAT (gr)	6.3	31
ENERGY (Kcal)	436	22																							
PROTEIN (gr)	37.0	74																							
CARBOHYDRATES (gr)	17.0	6																							
SUGAR (gr)	3.6	9																							
FIBER (gr)	1.8	7																							
TOTAL FAT (gr)	23.9	37																							
SATURATED FAT (gr)	6.3	31																							
<b>FRIDAY</b>	Chicken kebab with corn pita bread & chilly yoghurt sauce – mustard glazed potatoes		Spinach with bulgur, fresh tomato & fresh fennel	<table border="1"> <tr><td>ENERGY (Kcal)</td><td>443</td><td>22</td></tr> <tr><td>PROTEIN (gr)</td><td>44.4</td><td>89</td></tr> <tr><td>CARBOHYDRATES (gr)</td><td>15.1</td><td>5</td></tr> <tr><td>SUGAR (gr)</td><td>5.6</td><td>14</td></tr> <tr><td>FIBER (gr)</td><td>7.4</td><td>29</td></tr> <tr><td>TOTAL FAT (gr)</td><td>21.9</td><td>34</td></tr> <tr><td>SATURATED FAT (gr)</td><td>3.1</td><td>16</td></tr> </table>	ENERGY (Kcal)	443	22	PROTEIN (gr)	44.4	89	CARBOHYDRATES (gr)	15.1	5	SUGAR (gr)	5.6	14	FIBER (gr)	7.4	29	TOTAL FAT (gr)	21.9	34	SATURATED FAT (gr)	3.1	16
ENERGY (Kcal)	443	22																							
PROTEIN (gr)	44.4	89																							
CARBOHYDRATES (gr)	15.1	5																							
SUGAR (gr)	5.6	14																							
FIBER (gr)	7.4	29																							
TOTAL FAT (gr)	21.9	34																							
SATURATED FAT (gr)	3.1	16																							

\* (%) Daily Percentage Values based on a 2,000 calorie diet. Your daily values may be different depending on your calorie needs.