

WEEKLY MENU PLAN

JAN

11 - 15/01/2021

gefsinus
FOOD CULTURE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grilled fresh minced meat kebab with pita bread, yogurt, tomato & onion - Baked potatoes

Leek & rice with carrots and dill



NUTRITION FACTS PER SERVING

ENERGY (Kcal)	424	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%

Roasted chicken with estragon sauce - Lyonnaise potatoes

Cod soup in egg-lemon sauce



NUTRITION FACTS PER SERVING

ENERGY (Kcal)	363	18%
PROTEIN (gr)	35.8	72%
CARBOHYDRATES (gr)	28.3	9%
SUGAR (gr)	3.8	10%
FIBER (gr)	2.9	12%
TOTAL FAT (gr)	11.2	17%
SATURATED FAT (gr)	1.7	8%

Crepes with spicy chicken, peppers, tomato & smoked cheese

Green peas with celeriac & fennel



NUTRITION FACTS PER SERVING

ENERGY (Kcal)	368	18%
PROTEIN (gr)	10.0	19%
CARBOHYDRATES (gr)	45.0	15%
SUGAR (gr)	11.0	28%
FIBER (gr)	10.0	38%
TOTAL FAT (gr)	18.0	27%
SATURATED FAT (gr)	2.0	12%

Chicken tandoori with yogurt sauce - vegetable couscous

Traditional tomatoes & peppers stuffed with rice



NUTRITION FACTS PER SERVING

ENERGY (Kcal)	623	31%
PROTEIN (gr)	53.9	108%
CARBOHYDRATES (gr)	24.0	8%
SUGAR (gr)	6.1	15%
FIBER (gr)	2.7	11%
TOTAL FAT (gr)	32.8	50%
SATURATED FAT (gr)	11.2	56%

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

WEEKLY MENU PLAN

JAN

18 - 22/01/2021

gefsinus
FOOD CULTURE

MONDAY

Chicken filleted thigh with pineapple, peppers & white sauce - Saffron rice

Bean soup



NUTRITION FACTS PER SERVING		
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

Beef burgers with oat flakes, Cretan Tyrozouli cheese, sour milk, tomato & basil - Carrot puree

Green peas with artichokes & carrots in lemon sauce



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	599	30%
PROTEIN (gr)	16.5	33%
CARBOHYDRATES (gr)	83.9	28%
SUGAR (gr)	5.3	13%
FIBER (gr)	4.1	16%
TOTAL FAT (gr)	21.7	33%
SATURATED FAT (gr)	4.7	24%

WEDNESDAY

Roasted chicken with orange sauce - Red pumpkin puree

Green beans with fresh tomato & potatoes



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	311	16%
PROTEIN (gr)	5.7	11%
CARBOHYDRATES (gr)	40.2	13%
SUGAR (gr)	7.4	18%
FIBER (gr)	8.2	33%
TOTAL FAT (gr)	16.2	25%
SATURATED FAT (gr)	2.2	11%

THURSDAY

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

Meatball soup 'Giouvalrakia' in egg-lemon sauce



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	545	27%
PROTEIN (gr)	24.1	48%
CARBOHYDRATES (gr)	21.0	7%
SUGAR (gr)	0.9	2%
FIBER (gr)	0.7	3%
TOTAL FAT (gr)	39.8	61%
SATURATED FAT (gr)	14.1	71%

FRIDAY

Grilled chicken with vegetables & cheeses - Roasted baby potatoes with cherry tomatoes & rosemary



Traditional chickpeas in a pot



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	461	23%
PROTEIN (gr)	38.0	76%
CARBOHYDRATES (gr)	13.0	4%
SUGAR (gr)	4.6	11%
FIBER (gr)	6.2	25%
TOTAL FAT (gr)	29.4	45%
SATURATED FAT (gr)	4.1	20%

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

WEEKLY MENU PLAN

JAN

25 - 29/01/2021

gefsinus
FOOD CULTURE

MONDAY

Lasagna bolognese
with fresh minced
meat & mozzarella

Okra with fresh
tomatoes cooked in
olive oil



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	256	13
PROTEIN (gr)	4.6	9
CARBOHYDRATES (gr)	20.7	7
SUGAR (gr)	10.3	26
FIBER (gr)	5.6	22
TOTAL FAT (gr)	18.9	29
SATURATED FAT (gr)	2.6	13

TUESDAY

Grilled beef patties
with Roquefort sauce
- Baked potatoes &
grilled vegetables

Beans in a pot with
greens, spinach &
fennel



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	402	20%
PROTEIN (gr)	37,8	76%
CARBOHYDRATES (gr)	26,5	9%
SUGAR (gr)	3,6	9%
FIBER (gr)	2,7	11%
TOTAL FAT (gr)	15,6	24%
SATURATED FAT (gr)	3,0	15%

WEDNESDAY

Crusted cod fillet -
Potato salad & yogurt
tartar sauce

Turkey fillets with
citrus sauce -
Vegetable couscous



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	688	34%
PROTEIN (gr)	45.0	90%
CARBOHYDRATES (gr)	43.3	14%
SUGAR (gr)	2.8	7%
FIBER (gr)	2.7	11%
TOTAL FAT (gr)	36.8	57%
SATURATED FAT (gr)	4.8	24%

THURSDAY

Grilled pork steak
with fresh tomato
sauce - Mustard
glazed roast potatoes

Chickpeas in a pot
with leek, zucchini,
carrot & yellow
curry paste



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	578	29%
PROTEIN (gr)	23.0	46%
CARBOHYDRATES (gr)	73.9	25%
SUGAR (gr)	13.6	34%
FIBER (gr)	19.9	80%
TOTAL FAT (gr)	23.0	35%
SATURATED FAT (gr)	2.8	14%

FRIDAY

Spaghetti Bolognese

Spinach & rice with
fresh herbs



NUTRITION FACTS PER SERVING		
ENERGY (Kcal)	614	31%
PROTEIN (gr)	53.0	107%
CARBOHYDRATES (gr)	27.0	9%
SUGAR (gr)	7.0	16%
FIBER (gr)	5.0	22%
TOTAL FAT (gr)	31.0	48%
SATURATED FAT (gr)	9.0	44%

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