

**MONDAY****HOLIDAY****TUESDAY**

Beef with beer sauce & onions – wild rice pilaf 4,30/5,00

Penne au gratin with bacon, vegetables, tomato & cheese 3,70/5,00

✓ Traditional chickpeas soup 3,35/5,00

WEDNESDAY

Turkey fillets with sweet red pepper coulis – mashed vegetables 4,30/5,00

Cabbage and rice casserole with fresh spices 3,35/5,00

✓ Fresh salmon with saffron & mustard sauce – steamed vegetables 5,00

THURSDAY

Roasted pork – country-style potatoes 4,35/5,00

Fresh minced meat meatballs with fresh tomato & sweet peppers – rice with green peas 3,80/5,00

Artichokes ala polita with lemon & dill 3,60/5,00

FRIDAY

Crusted cod fillet – potato salad with yoghurt tartare sauce 4,45/5,00

Chicken fillet Napoleon with mozzarella, tomato & basil pesto – rice with vegetable brunoise 4,20/5,00

✓ Green beans with potatoes in tomato sauce 3,35/5,00

✓ **Low calorie meal**

**MONDAY**

Roasted pork with honey & mustard sauce – rice and corn 4,25/5,00

Lentil soup 3,15/5,00

✓ Grilled chicken marinated with yoghurt, cardamom & curry – potatoes with coriander – steamed broccoli 4,20/5,00

TUESDAY

Veal tas kebab – Egyptian rice 4,35/5,00

Fresh minced meat grilled kebab with pita bread, yoghurt, tomato & onion – roast potatoes 3,90/5,00

Leek and rice casserole with carrots & dill **3,25/5,00**

WEDNESDAY

Roasted chicken with estragon sauce – Lyonnaise potatoes 4,25/5,00

Giant beans in the oven 3,60/5,00

✓ Cod soup in egg-lemon sauce 3,3/5,00

THURSDAY

Pork scallops with sundried tomato sauce, wine & thyme – rice with vegetable brunoise 4,30/5,00

Eye round beef roast with porcini mushrooms – roasted baby potatoes with cherry tomatoes & rosemary 4,35/5,00

✓ Green peas with celeriac & fennel 3,40/5,00

FRIDAY

Chicken roll with wine & vegetable sauce – mashed potatoes with tomato 4,30/5,00

Tomatoes & peppers stuffed with rice 3,50/5,00

✓ Cuttlefish ragout with spinach 4,45/5,00

✓ **Low calorie meal**

**MONDAY**

Chicken fillet with parmesan sauce – rice pilaf 4,25/5,00

Spaghetti au gratin with mushrooms & yellow cheeses 3,50/5,00

✓ Bean soup 3,15/5,00

TUESDAY

Pork meatballs with pineapple sauce, carrots & sweet peppers – basmati rice 4,30/5,00

Green peas with artichokes & carrots in lemon sauce 3,35/5,00

✓ Farfalle with sundried tomato, feta cheese & olives 3,70/ 5,00

WEDNESDAY

Traditional cod "bourdeto" – potatoes ragout 4,35/5,00

Roasted chicken with orange sauce – saffron rice 4,00/5,00

✓ Green beans with fresh tomato sauce & potatoes 3,35/5,00

THURSDAY

Pan fried pork with Roquefort sauce – fresh mashed potatoes 4,35/5,00

Eggplants with fresh tomato, feta cheese & basil 3,50/5,00

✓ Fresh minced meat meatballs in egg-lemon sauce 3,70/5,00

FRIDAY

Roasted chicken with pepper gravy sauce – rice pilaf 4,00/5,00

Chickpeas in a pot 3,35/5,00

✓ Grilled fresh sea bream in oil lemon sauce – steamed vegetables 5,00

✓ **Low calorie meal**

**MONDAY**

Chicken in tomato sauce – mashed chickpeas and leek 4,00/5,00

Lasagna Bolognese & mozzarella 3,50/5,00

✓ Green peas with potatoes in lemon sauce 3,35/5,00

TUESDAY

Fresh minced beef grilled burgers with Roquefort sauce – roast potatoes 4,15/5,00

Beans in a pot with greens and spinach 3,50/5,00

✓ Veal soup with Greek traditional sour frumenty pasta “trahanas” 4,20/5,00

WEDNESDAY

Crusted cod fillet – potato salad & yoghurt tartare sauce 4,45/5,00

Turkey fillets with citrus sauce – couscous with vegetables 4,30/5,00

✓ Okra with fresh tomato sauce 3,35/5,00

THURSDAY

Grilled pork steak with fresh tomato sauce – roast potatoes with mustard / boiled zucchini 4,30/5,00

Peppers stuffed with bulgur, chicken, mushrooms, vegetables, Cretan smoked Graviera cheese & basil
4,15/5,00

✓ Minestrone alla Genovese soup with pesto

FRIDAY

Chicken thigh soup in egg-lemon sauce 3,20/5,00

Spinach and rice casserole 3,25/5,00

✓ Roasted fresh salmon with teriyaki sauce – green peas with horseradish sauce & spearmint 5,00

✓ **Low calorie meal**