

10 - 14/05/2021

MONDAY

Roasted chicken with pepper gravy sauce – baby potatoes with thyme

Okra in oil with fresh herbs

TUESDAY

Mix grill (burger, chicken, sausage, pancetta, pita bread) – coriander glazed potatoes

Spinach and rice casserole with fresh dill

WEDNESDAY

Chicken fillet with parmesan cream – rice with leek, bacon & mushrooms

Chickpeas in a pot with zucchini, carrots & yellow curry paste

THURSDAY

Meatballs with tomato & sweet pepper sauce – mashed potatoes

Slow cooker giant beans in the oven

FRIDAY

Chicken Tandoori with yoghurt sauce – vegetable couscous

Fusilli Bolognese

Cabbage with white & red quinoa, sweet peppers & cumin

17 - 21/05/2021

MONDAY

Green peas with potatoes in tomato sauce
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Chicken filleted thigh with pineapple, peppers & white sauce – rice pilaf with mushrooms

TUESDAY

Meatballs with fresh coriander, ginger & soy sauce – basmati rice pilaf

Zucchini ragout with “Anthotiro” cheese & thyme

WEDNESDAY

Grilled chicken fillet with thyme & oregano – brown rice

Green beans and potatoes in tomato sauce

THURSDAY

Burger with oat flakes, Cretan Tyrozouli cheese, sour milk, tomato, pepper & basil – mashed potatoes with tomatoes & basil

Mixed vegetables with feta cheese in the oven

FRIDAY

Crepes with greens, cheese & herbs

Tomatoes and peppers stuffed with rice and tomato sauce in the oven

24 - 28/05/2021

MONDAY

Traditional Pasticcio

Green beans in a pot with greens & fennel

TUESDAY

Lentils and rice casserole with vegetables & curry

Grilled burgers – roast potatoes

WEDNESDAY

Crusted cod fillet – potato salad with tartar sauce

Chicken filleted thigh Teriyaki with soy & ginger – fried rice

THURSDAY

Bakes meatballs with feta cheese, spearmint, ouzo & Cypriot talatouri – rice with turmeric

Seafood couscous

Crepes with spicy chicken, peppers, tomato & smoked cheese

FRIDAY

Turkey fillet – vegetable puree

Spinach with bulgur, tomato & fennel

WEEKLY MENU PLAN

MAY



31/05 - 04/06/2021

MONDAY

Roasted chicken legs –
country-style potatoes
with peppers

Split peas with slow
cooker octopus,
tomato sauce &
capers

TUESDAY

Beef kebab with pita
bread, yoghurt dip,
fresh tomato, onion –
roast potatoes with
curry, paprika, lemon &
rosemary

Giant beans in the oven
with sausages

WEDNESDAY

Chicken legs in tomato
sauce – Greek
traditional pasta
“Hilopites”

Eggplants with fresh
tomato & caramelized
onions

THURSDAY

Okra with tomato
sauce in the oven &
parsley

Grilled pork skewers
– potatoes and
grilled vegetables

FRIDAY

Turkey fillets with
mustard & lemon sauce
– steamed vegetables
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Tomatoes and
peppers stuffed with
minced meat in the
oven
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