

**MONDAY****ASH MONDAY****TUESDAY**

Traditional beef "sofrito" – mashed celeriac

Lasagna with vegetables au gratin

✓ Traditional chickpeas soup

WEDNESDAY

Baked cod with fresh tomato – potatoes ragout

Leek and rice casserole with carrots & fresh dill

✓ Fresh grilled chicken skewer with oil-lemon sauce – steamed vegetables

THURSDAY

Handmade Rethymnian sausage – Lyonnaise potatoes

“Briam”, Traditional vegetables in the oven with fresh spearmint

✓ Fresh ground beef meatballs soup in egg-lemon sauce

FRIDAY

Fresh chicken thigh – saffron rice

Traditional tomatoes & peppers stuffed with rice – roast potatoes

✓ Aromatic seafood orzo pasta with fresh tomato & ouzo

φούρνου

✓ **Low calorie meal**

**MONDAY**

Fresh grilled chicken fillet marinated with curry, yoghurt & cardamom – basmati rice

Penne au gratin with bacon, fresh tomato, vegetables & yellow cheeses

✓ Chickpeas in a pot with rosemary

TUESDAY

Fresh beef with beer sauce, chives & onions – wild rice pilaf

Grilled pork chop – roast potatoes

✓ Green peas with potatoes in lemon sauce

WEDNESDAY

Noodles stir fry with vegetables, fresh ginger & soy sauce

Μπακαλιάρος φιλέτο πανέ με τραγανή κρούστα – Πατατοσαλάτα με sauce tartar γιαουρτιού

✓ Green beans with fresh tomato & potatoes

THURSDAY

Fresh ground beef meatballs with feta cheese, spearmint, ouzo & Cypriot talantouri – mashed potatoes

Cabbage and rice casserole

✓ Linguine with shrimps, fresh fennel & cherry tomatoes

FRIDAY

Roasted fresh chicken with pepper gravy sauce – country-style potatoes

Beans in a pot with greens, spinach & fresh fennel

✓ Baked perch fish with aromatic capers & lemon sauce – steamed vegetables

✓ **Low calorie meal**

**MONDAY**

Chicken thigh Teriyaki – fried rice

Spaghetti au gratin with mushrooms & yellow cheeses

✓ Giant beans in the oven

TUESDAY

Creamy veal with mushrooms – rice with vegetable brunoise

Meatballs a la mafia – mashed potatoes

✓ Green peas with celeriac & fresh fennel

WEDNESDAY

Fresh chicken roll with wine & vegetable sauce – roasted baby potatoes

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

✓ Cod fish soup in egg-lemon sauce

THURSDAY

Burgers with oat, “Tyrozouli” cheese, sour milk, tomato, pepper & basil – bulgur with spices and fresh tomato

Octopus with pasta & fresh tomato

✓ Pork skewer with pita bread, yoghurt & dill – roast potatoes

FRIDAY

Fresh chicken meatballs with tomato & marjoram sauce – rice pilaf with green peas

Black-eyed peas ragout with greens

✓ Seafood couscous

✓ **Low calorie meal**

**MONDAY**

Pasticcio with fresh minced meat

Mixed vegetables with fresh tomato & feta cheese in the oven

✓ Fresh pork with orange, honey & curry sauce – mashed celeriac

TUESDAY

Fresh beef with plums – mashed potatoes with parmesan

Grilled fresh minced meat kebab with pita bread, yoghurt sauce & paprika – roast potatoes

✓ Okra with fresh tomato

WEDNESDAY**HOLIDAY****THURSDAY**

Grilled pork chop with tomato sauce – roast potato with parmesan

Fresh ground beef meatballs with chasseur sauce – rice pilaf with green peas

✓ Split peas with octopus, fresh tomato & capers

FRIDAY

Fresh salmon with saffron & mustard – green peas with horseradish & fresh spearmint

Spinach and rice casserole with fresh spices

✓ Grilled chicken fillet – steamed vegetables

✓ **Low calorie meal**

**MONDAY**

Chicken tandoori – vegetable couscous

Lasagna au gratin with spinach, leek, mushrooms & kasseri cheese

✓ Traditional beans soup

TUESDAY

Fresh minced meat grilled burgers – roast potatoes

Fresh beef Hunkiar Beyendi with mashed roasted eggplants

✓ Artichokes ala polita with vegetables and dill

WEDNESDAY

Mustard glazed roasted chicken – risotto with leek, bacon & mushrooms

Green beans with fresh tomato & potatoes

✓ Roasted fresh salmon with sour cream & chives – ecrase potatoes

THURSDAY

Eye-round beef roast with porcini mushrooms sauce – roasted baby potatoes

Fresh minced beef meatballs with spearmint sauce – saffron rice

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

FRIDAY

Fried cod with rosemary & garlic sauce – potato salad & yoghurt tartar sauce

Leek and rice casserole with carrots & fresh dill

✓ Fresh turkey fillets with citrus sauce – rice pilaf

✓ **Low calorie meal**