

**MONDAY**

Pork bites with sundried tomato & feta cheese – mashed chickpeas with leek

Green beans with fresh tomato sauce and potatoes

- ✓ Grilled chicken skewer – Lyonnaise potatoes/steamed broccoli

**TUESDAY**

Creamy veal with mushrooms – rice with diced vegetables

Artichokes ala polita with fresh spices & lemon zest

- ✓ Wholegrain penne with tomato sauce, vegetables & Anthotyro cheese

**WEDNESDAY**

Fresh ground chicken burger – country-style potatoes

Lentil soup

- ✓ Cod fillet with grapes sauce, capers & curry – steamed vegetables

**THURSDAY**

Fresh ground beef meatballs in tomato sauce – saffron rice

Pan fried pork with Roquefort sauce – fresh mashed potatoes

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

**FRIDAY**

Crusted cod fillet – potato salad & yoghurt tartar sauce

Chicken fillet with parmesan cream – rice and green peas

- ✓ Traditional tomatoes and peppers stuffed with rice and fresh spices

✓ Low calorie meal

**MONDAY**

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

Traditional pasticcio with fresh minced meat

✓ Green peas with fresh tomato sauce, potatoes & spices

**TUESDAY**

Mix grill (fresh minced meat burger, chicken, Cretan sausage with thyme, pork side, pita bread) – mustard glazed potatoes

Eggplants with fresh tomato, feta cheese & basil

✓ Beef with beer sauce, chives & onion – brown rice

**WEDNESDAY**

Chicken with sweet chili sauce & aromatic basmati rice

4cheese penne

✓ Traditional bean soup

**THURSDAY**

Grilled pork steak with aromatic tomato sauce – roast potatoes/boiled zucchini

Eye round beef roast – wild rice pilaf

✓ Spinach and rice with fresh spices

**FRIDAY**

Roasted chicken with orange sauce – fresh mashed potatoes

Noodles stir fry with vegetables & ginger

✓ Fresh grilled sea bream in oil lemon sauce – steamed vegetables with Cretan olive oil

✓ Low calorie meal

**MONDAY**

Fresh grilled chicken fillet – aromatic rice pilaf

Fresh pork scallops with sundried tomato & thyme sauce – Lyonnaise potatoes

✓ Traditional giant beans in the oven

**TUESDAY**

Beef goulash with marjoram – rice pilaf with mushrooms

Penne with chicken bites, cherry tomatoes, zucchini & basil pesto

✓ Green peas in oil-lemon sauce with artichokes, carrots and dill

**WEDNESDAY**

Crusted cod fillet – potato salad & yoghurt tartar sauce

Traditional "Briam" mixed vegetables in tomato sauce

✓ Fresh turkey with citrus sauce – basmati rice/steamed broccoli

**THURSDAY**

Fresh minced beef meatballs, feta cheese, peppermint, ouzo & Cypriot talantouri sauce – mashed potatoes with tomato

Linguine with shrimps, fresh tomato sauce & cherry tomatoes, chives & ouzo

✓ Leek and rice with fresh spices

**FRIDAY**

Chicken thigh teriyaki with soy sauce – fried rice

Potato soup with sour cream & chives

✓ Fresh salmon with Martini & dill sauce – steamed vegetables

✓ Low calorie meal



**MONDAY**

Chicken roll stuffed with Kasseri cheese & aromatic sage – fresh mashed potatoes

Pork scallops with peppers, rosemary & olives – couscous with vegetables

✓ Chickpeas soup

**TUESDAY**

Fresh ground beef meatballs in tomato sauce – rice pilaf

Green beans with fresh tomato and potatoes

✓ Beef soup with Greek traditional sour frumenty pasta “trahanas”, fresh diced vegetables & curry

**WEDNESDAY**

Roasted chicken – roast potatoes with mustard sauce

Tortellini with cream and fresh tomato sauce

Cabbage with rice

**THURSDAY**

**THANKS GIVING**

**FRIDAY**

**THANKS GIVING**

✓ Low calorie meal