

**MONDAY**

Turkey fillet with sweet red pepper – Quinoa with vegetables

- ✓ Green beans with green tomato & sweet potatoes

TUESDAY

Fresh minced beef grilled burgers with oat flakes, Cretan Tyrozouli cheese, sour milk, tomato & basil – roast potatoes / steamed broccoli

- ✓ Spinach with bulgur, tomato & fennel

WEDNESDAY

Crusted cod fillet – potato salad & yoghurt tartare sauce

- ✓ Roasted chicken – mashed potatoes with fresh tomato

THURSDAY

Grilled pork skewers with oregano – potatoes with curry, rosemary, lemon & mustard

- ✓ Green peas with artichokes, carrots & lemon zest

FRIDAY

Chicken filleted thigh teriyaki with soy sauce – aromatic basmati rice

- ✓ Cuttlefish with spinach & fresh spices

✓ **Low calorie meal**

**MONDAY**

Fresh minced meat Pasticcio

✓ Chickpeas soup

TUESDAY

Meatballs with fresh coriander, ginger & teriyaki sauce – vegetable couscous

✓ Eggplants with fresh tomato, feta cheese & basil

WEDNESDAY

HALF DAY

THURSDAY

Gefsinus burger with goat cheese & honey mustard sauce – traditional potatoes

Green peas with celeriac & fresh fennel

FRIDAY

Chicken fillet stir fry with vegetables, ginger & soy sauce – basmati rice

Zucchini ragout in the oven with Anthotyro cheese & thyme

✓ **Low calorie meal**

**MONDAY**

Chicken filleted thigh with sundried tomato sauce & basil – mashed vegetables

✓ Green peas with fresh tomato, potatoes & dill

TUESDAY

Grilled kebab with pita bread, yoghurt, tomato and onion – potatoes with coriander

✓ Traditional “Briam” with vegetables and fresh spices

WEDNESDAY

Chicken filleted thigh with pineapple, peppers & white sauce – basmati rice

✓ Baked fresh salmon with teriyaki sauce – green peas with horseradish & fresh spearmint

THURSDAY

Meatballs with cumin – rice pilaf

Peppers stuffed with bulgur, chicken, wild mushrooms, vegetables & Cretan Graviera cheese

FRIDAY

Crusted cod fillet – potato salad with yoghurt tartare sauce

Grilled chicken fillets – mashed sweet potatoes

✓ **Low calorie meal**

**MONDAY**

Zurich-style chicken with mushrooms & cream sauce – mashed potatoes with parmesan
Lentil soup

TUESDAY

Minced beef grilled burgers – roast potatoes / roast vegetables
Cabbage and rice casserole

WEDNESDAY**GREEK NATIONAL HOLIDAY****THURSDAY**

Grilled pork steak with cold tomato sauce – roasted baby potatoes
✓ Chickpeas in wine sauce with leek, fresh spearmint & lime

FRIDAY

Turkey fillet – lentils with vegetables & cumin
✓ Okra with fresh tomato sauce

✓ **Low calorie meal**