

**MONDAY**

Fresh turkey fillet with sweet red pepper sauce – fresh mashed potatoes with cheddar

Wholegrain penne with yogurt bechamel, broccoli & smoked turkey

✓ Green beans with fresh tomatoes and potatoes

TUESDAY

Fresh veal Hunkiar Beyendi

Fresh ground beef burgers with oat flakes, “Tyrozouli” cheese, sour milk, tomato & basil – roast potatoes/steamed broccoli

✓ Spinach with bulgur, tomato & fennel

WEDNESDAY

Crusted cod fillet – potato salad & yoghurt tartare sauce

Scrambled eggs with fresh tomato & peppers

✓ Roasted chicken – mashed potatoes with fresh tomato

THURSDAY

Grilled pork skewers with oregano – country style potatoes

Chicken meatballs with fresh tomato & marjoram sauce – wild rice pilaf

✓ Green peas with artichokes & carrots in lemon sauce

FRIDAY

Fresh chicken thigh teriyaki with soy sauce – aromatic basmati rice

Red lentil mash with caramelized onions & pork chops with thyme

✓ Cuttlefish with spinach and fresh spices

✓ Low calorie meal

**MONDAY**

Fresh pork scallops with sundried tomato and thyme – rice with vegetable brunoise

Pasticcio with fresh ground beef

✓ Chickpeas soup

TUESDAY

Beef Bourguignon – fresh mashed potatoes

Fresh ground beef meatballs with coriander, ginger & teriyaki sauce – brown rice

✓ Eggplants with fresh tomato, feta cheese & basil

WEDNESDAY

Creamy tortellini with fresh tomatoes

Leek and aromatic rice with fresh carrots & dill

✓ Grilled chicken burger – steamed vegetables

THURSDAY

Aromatic seafood pasta

Green peas with celeriac & fresh fennel

✓ Grilled pork with cranberries & raisins sauce – Egyptian rice pilaf

FRIDAY

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

Zucchini ragout in the oven with Anthotyro cheese and thyme

✓ Baked cod with tomato, capers, olives & saffron – steamed vegetables

✓ Low calorie meal

**MONDAY**

Grilled chicken fillets – mustard glazed potatoes

Spaghetti au gratin with mushrooms & yellow cheeses

✓ Green peas with fresh tomato sauce, potatoes and dill

TUESDAY

Veal in tomato sauce with red white – wild rice pilaf

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

✓ "Briam" mixed vegetables in tomato sauce

WEDNESDAY

Fresh chicken fillet with parmesan cream – fresh mashed potatoes

Traditional bean soup with sausages

✓ Grilled fresh salmon with teriyaki sauce – steamed vegetables with olive oil

THURSDAY

Meatballs in tomato sauce with cumin – rice pilaf

Artichokes ala polita with dill and lemon zest

✓ Linguine with shrimps, cherry tomatoes, fennel & ouzo

FRIDAY

Crusted cod fillet – potato salad with yoghurt tartare sauce

Fresh chicken thigh with sundried tomato sauce & basil – mashed celeriac

✓ Lentil soup

✓ Low calorie meal

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

Fresh ground beef burgers – roast potatoes / steamed broccoli

Cabbage and rice casserole

✓ Veal soup with Greek traditional sour frumenty pasta “trahanas”, vegetables & curry

WEDNESDAY

Chicken with pepper gravy sauce – Lyonnaise potatoes with feta cheese

Creamy mushroom soup

✓ Grilled fresh sea bass with fresh rosemary, lemon & olive oil – boiled vegetables

THURSDAY

Grilled pork steak with cold tomato sauce – baby potatoes

Eye round beef roast – καστανό ρύζι

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

FRIDAY

Fresh chicken tandoori with yoghurt sauce – couscous with vegetables

Penne with sundried tomato, mushrooms & chives

✓ Green peas with potatoes and dill in tomato sauce

✓ Low calorie meal