

**MONDAY**

Traditional moussaka with fresh minced meat & fluffy bechamel

Pork schnitzel with a crispy bread crust & Roquefort sauce – fresh mashed potatoes

- ✓ Chickpeas cooked in a clay pot with leek, fresh zucchini, carrot & yellow curry paste

TUESDAY

Beef kebab with fresh tomato – rice pilaf with peas

Spaghetti with cherry tomatoes & basil pesto (produced locally) sauce

- ✓ Zucchini ragout with fresh tomato & Cretan anthotyros cheese flavored with thyme

WEDNESDAY

Cuttlefish cooked in a clay pot with celeriac, fennel, carrots & onions

Fresh turkey fillet with baked Florina pepper coulis – baked Lyonnaise potatoes

- ✓ Peas with lemon sauce & potatoes

THURSDAY

Meatballs from fresh minced meat, espagnole sauce with fresh tomato & sweet peppers – rice pilaf
with corn

Spinach & rice (spanakorizo) with fresh herbs

- ✓ Couscous with fish soup sauce

FRIDAY

Traditional codfish in bourdeto sauce (Corfiot recipe) – baked potato slices

Traditional briam with vegetables, fresh tomato sauce & peppermint baked in the oven

-  ✓ Baked chicken with pepper gravy sauce – bulgur with herbs & sun-dried tomato

**MONDAY**

Chicken loaf with wine sauce & vegetables - rice pilaf with peas

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

✓ Peas cooked in olive oil sauce with fresh tomato, potatoes & dill

TUESDAY

Beef stroganoff - wild rice pilaf

Meatballs from fresh minced meat with Roquefort sauce – baked potatoes flavored with coriander

✓ Baked traditional giant beans with fresh tomato

WEDNESDAY

Chicken fillet with a Chios mastic sauce – Oriental rice pilaf

Traditional scrambled eggs (strapatsada) with fresh tomato & green peppers

✓ Perch fillet with grapes, caper & curry sauce – steamed vegetables

THURSDAY

Pork souvlaki flavored with thyme - baked Lyonnaise potatoes

Meatballs from fresh minced meat with peppermint sauce – rice flavored with saffron from Kozani

✓ Okra with olive oil & fresh tomato baked in the oven

FRIDAY

Chicken kebab with corn pita bread & spicy yogurt sauce – baked potatoes

Traditional stuffed tomatoes & peppers with rice & fresh herbs

✓ Fresh baked salmon with teriyaki sauce – peas with horseradish & peppermint

**MONDAY**

Chicken fillet with sweet chili sauce – flavored basmati rice

Traditional baked eggplants stuffed with fresh minced meat & fluffy bechamel (papoutsakia)

✓ Leek & rice (prasorizo) with fresh Mediterranean herbs

TUESDAY

Beef cooked in a beer sauce, mustard seeds & onions – brown rice

Burger with fresh locally produced minced meat, goat cheese , honey mustard sauce & country style potatoes

✓ Traditional imam bayildi with fresh tomato baked in the oven

WEDNESDAY

Fusilli pasta with Bolognese sauce from fresh minced meat



Chicken fillet marinated with yogurt, cardamom & curry – potatoes flavored with orange

✓ Baked codfish with fresh tomato, caper, olives & saffron from Kozani - boiled vegetables

THURSDAY

Roasted pork leg with sauce flavored with orange & coriander – risotto with vegetable brunoise

Beef grilled kebab with pita bread, yogurt, tomato, onion – baked potatoes

✓ Noodles stir fry with vegetables and soy sauce

FRIDAY

Chicken with orzo stew in a fresh tomato sauce

Lentils soup

✓ Fresh baked seabass flavored with rosemary, lemon & olive oil – potato, carrot & zucchini

**MONDAY**

Chicken leg with a Thai marinade with soy sauce – fried rice

Traditional pastitsio with fresh minced meat & fluffy bechamel

✓ Traditional briam with baked vegetables, tomato & fresh peppermint leaves

TUESDAY

Baked meatballs from fresh minced meat, feta cheese, peppermint, ouzo & Cypriot talantouri sauce –
mashed potatoes with tomato

Green beans cooked in olive oil with fresh tomato & potatoes

✓ Beef ragout with fresh tomato, zucchini & eggplants

WEDNESDAY

Panied codfish fillet – potato salad with yogurt tartar sauce

Borlotti beans cooked in a pot with fresh chervil, spinach & fennel

✓ Turkey with citrus sauce – basmati rice & steamed broccoli

THURSDAY

Baked beef top round with porcini mushroom sauce - baby potatoes

Linguini with shrimps, fresh cherry tomatoes, fennel & ouzo

✓ Okra with olive oil & fresh tomato baked in the oven

FRIDAY

Fresh poached salmon with martini & dill sauce – écrasé potatoes

Traditional imam bayildi baked in the oven

✓ Chicken patty from fresh minced meat with coriander – steamed vegetables

**MONDAY**

Traditional chicken 'bardouniotiko' from Lakonia – fresh mashed vegetables

Pork escalope with mavrodafni wine sauce & porcini mushrooms – rice pilaf

✓ Peas cooked in olive oil with fresh tomato, potatoes & dill

TUESDAY

Cooked beef with prunes – rice pilaf

Burger from fresh minced meat locally produced with crispy bacon & cheese – traditional potatoes

✓ Baked traditional giant beans with fresh tomato

WEDNESDAY

Roasted chicken leg (kontosouvli) – potatoes flavored with orange

Artichoke hearts a la polita with peas, carrot & dill

✓ Fresh grilled gilt-head brim with olive oil & lemon dressing – potato, carrot & zucchini

THURSDAY

Pork pancetta stuffed with cheese & peppers – fresh mashed potatoes

Meatballs from fresh minced meat ala mafia with spicy tomato sauce – rice flavored with saffron from

Kozani

✓ Okra with olive oil & fresh herbs baked in the oven

FRIDAY

Noodles stir fry with vegetables

Traditional stuffed tomatoes & peppers with rice & fresh herbs

✓ Grilled chicken fillet – basmati rice