

**MONDAY**

Pasticcio

Pork with cranberries & raisins sauce – mashed chickpeas with leak

✓ Zucchini ragout with Anthotyro cheese & thyme

TUESDAY

Beef Stroganoff – brown rice

Creamy whole grain penne with chicken, mushrooms & Cretan Graviera cheese

✓ Green peas in lemon sauce with artichokes & carrot

WEDNESDAY

Creamy tagliatelle with spinach, leak & feta cheese

Stuffed eggplants (imam Bayildi)

THURSDAY

Seafood pasta with tomato & ouzo

✓ Beans in a pot with greens, spinach & fennel

FRIDAY

Roast chicken with pepper gravy sauce – roast baby potatoes with cherry tomatoes & rosemary

Tomatoes and peppers stuffed with rice

✓ Low calorie meal