

WEEKLY MENU PLAN

JUN



01- 05/06/2026

MONDAY

PUBLIC HOLIDAY

TUESDAY

Lemon beef with carrots, mushrooms & mashed potatoes



Lasagna pasta bolognese with mozzarella cheese



Imam eggplants

WEDNESDAY

Sweet & sour meatballs with pineapple & basmati rice

Artichokes with peas & potatoes



Roast chicken with orange sauce & oven-roasted potatoes flavored with citrus

THURSDAY

Cretan carbonara with wholegrain linguine pasta & apaki

Smyrnaean soutzoukaki served with rice pilaf



Okra with olive oil stew, oven-baked

FRIDAY

Linguine pasta with shrimp, fennel & cherry tomatoes



Fresh-roasted chicken & potatoes with mustard

Stuffed tomatoes & peppers with minced meat

WEEKLY MENU PLAN

JUN

08-12/06/2026



MONDAY

Chicken souvlaki with steamed vegetables

Spinach rice with fresh spring onion & dill

Four-cheeses tortellini pasta



TUESDAY

Grilled beef patties with blue cheese sauce & baked potatoes

Oven-baked zucchini with tomato & xinomyzithra cheese

Szechuan-style beef & basmati rice



WEDNESDAY

Oven-baked chicken meatballs with sun-dried tomato, scented geranium & Florina pepper dip served with vegetable brunoised risotto

Barley with vegetables

Traditional oven-baked Briam



THURSDAY

Meatloaf roll with Florina peppers & feta cheese, mashed potatoes with Katiki Domokou cheese & thyme

Penne pasta à la crème with mushrooms

Black beans stew



FRIDAY

Gefsinus moussaka

Pasta shaped shells with tomato & basil

Green beans with olive oil stew



WEEKLY MENU PLAN

JUN

15 - 19/06/2026



MONDAY

Chicken & mushroom pilaf rice

Oven-baked mixed vegetable casserole with feta cheese

Penne pasta gratin with bacon, vegetables, tomato & cheese



TUESDAY

Meatballs with tomato sauce & sweet peppers served with chickpea purée with leek

Rigatoni pasta siciliana

Artichokes à la polita with vegetables & fresh dill



WEDNESDAY

Tagliatelle pasta with beef ragù & finely chopped vegetables

Spinach with groats, tomato & fresh fennel

Chicken kebab with corn pita & spicy yogurt sauce with oven potatoes, curry, rosemary, lemon & mustard



THURSDAY

Fava

Athenian pastitsio

Peas with olive oil stew with potatoes & fresh dill



FRIDAY



MONDAY

Stuffed chicken roulade with kasseri cheese & sage roast gravy served with vegetable purée

Traditional slow-baked giants in the oven



TUESDAY

Mixed grill duo (beef patty & chicken fillet) with Coriander potatoes

Green beans with olive oil stew with sweet potato & tomato



WEDNESDAY

Lemon peas with potatoes & fresh dill

Roasted chicken thigh with mustard sauce served with Mashed potatoes



THURSDAY

Meatballs with fresh coriander, ginger & teriyaki sauce served with fried rice

Cretan vegetable sofegado with fresh herbs



FRIDAY

Chicken fillet stir-fry with fresh vegetables, ginger & soy sauce served with basmati rice

Wine-braised chickpeas with leek, mint & lime



WEEKLY MENU PLAN

JUL



29 - 03/07/2026

MONDAY

Chicken thigh fillet with red curry, lime & basil served with Basmati rice

Tsakoniki stewed eggplants



TUESDAY

Beef stew in tomato sauce, Saffron rice with pine nuts & raisins

Briam roasted vegetables with fresh tomato & mint



WEDNESDAY



THURSDAY

Homemade meatballs in tomato sauce with sweet peppers served with herbed groats
???€

Stir-fried noodles with colorful vegetables, soy sauce & fresh ginger



FRIDAY

Green peas with celery root flavored with fresh fennel

