

WEEKLY MENU PLAN

MAY



04 - 08/05/2026

MONDAY

Chicken with sweet chili sauce & Basmati rice

Pork escalops with mavrodafne wine sauce & porcini mushrooms Mashed potatoes with katiki cheese & thyme

Spinach rice with dill



TUESDAY

Beef with lemon sauce & Pilaf rice

Burger with goat cheese and honey mustard sauce served with Traditional fries

Black beans stew



WEDNESDAY

Roasted chicken thigh with mustard sauce – Oven-baked potatoes

Peas with celery root & fennel

Tricolore fusilli pasta with sun-dried tomato, feta & olives



THURSDAY

Smyrna-style meatballs & Pilaf rice

Cabbage rice with lemon zest & fresh herbs

Stuffed eggplants (papoutsakia)



FRIDAY

Tandoori chicken with yogurt sauce – Couscous with vegetables

Spaghetti pasta Bolognese

Lentil soup



WEEKLY MENU PLAN

MAY



11-15/05/2026

MONDAY

Crepes with ham and kasseri cheese

Sifnos-style baked chickpeas with lemon & dill

Athenian pastitsio



TUESDAY

Breaded cod fillet with crispy crust & Potato salad with yogurt tartar sauce

Meatballs "alla mafia" with red sauce & Egyptian pilaf rice

Cretan vegetable sofegada with fresh herbs



WEDNESDAY

Country-style chicken thigh with peppers served with Rice pilaf

Penne pasta with sun-dried tomato, mushrooms & chives

Tsakonian-style baked eggplants with tomato



THURSDAY

Beef kebab with pita, yogurt sauce and paprika & Mustard potatoes

Stir-fry noodles with mixed vegetables, soy sauce & fresh ginger

Braised peas with potatoes



FRIDAY

Marinated pork kontosouvli with paprika served with Baby potatoes baked with cherry tomatoes & rosemary

Stuffed tomatoes and peppers with olive oil stew

Farfalle pasta with salmon



WEEKLY MENU PLAN

MAY



18 - 22/05/2026

MONDAY

Traditional Gefsinus moussaka

Lentils with rice, vegetables & curry



Pork stir-fry with peppers, rosemary & sliced olives – Pilaf rice with corn

TUESDAY

Spaghetti pasta carbonara

Green beans in tomato sauce with potatoes



Grilled meatballs with feta cheese, mint, ouzo & Cypriot talatouri served with Turmeric rice

WEDNESDAY

Chicken thigh with lemon & Oven-baked potatoes with fresh oregano

Rigatoni pasta Siciliana

Artichokes “à la polita” with vegetables & fresh dill



THURSDAY

Grilled beef patties – Oven-baked potatoes



Linguine pasta with cream, mushrooms & white wine

Imam eggplants

FRIDAY

Chicken mosaic & Oven potatoes with curry, rosemary, lemon & mustard

Mixed vegetable brian (tourlou)



Beef yiouvetsi

MONDAY

Penne pasta au gratin

Sautéed turkey fillet with Chardonnay & fried capers & goat with goat butter & nuts

Green beans with olive oil stew & fresh tomato



TUESDAY

Breaded cod fillet with crispy crust served with potato salad with yogurt tartar sauce

Oven-baked bream (mixed vegetables)

Rigatoni pasta with tomato, mushrooms & bacon



WEDNESDAY

Grilled pork chop with tomato & onion served with Lyonnaise potatoes

Peas with lemon artichokes & carrots

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



THURSDAY

Meatballs with tomato sauce and sweet peppers & Wild rice pilaf

Penne pasta with diced vegetables, tomato & anthyro cheese

Baked eggplants with tomato, PDO feta cheese & fresh basil



FRIDAY

Chicken burger on brioche bun

Vegetable yiouvetsi

Stuffed tomatoes & peppers with potatoes

