

WEEKLY MENU PLAN

MAR

gefsinus
FOOD CULTURE

03 - 07/03/2025

MONDAY

CLEAN MONDAY

TUESDAY

Breaded cod fillet with a crispy crust & potato salad with yogurt tartar sauce

Yiouvarlakia with egg – lemon sauce, potatoes & carrot



Beans with myronia, spinach & fresh fennel



WEDNESDAY

Grilled chicken fillets & baked potatoes with grilled vegetables



Leek & rice with aromatic herbs



Grilled pork loin with honey & brandy sauce & wild rice pilaf

THURSDAY

Fresh grilled minced meatballs, with feta cheese, mint, ouzo & Cypriot talantouri & mashed potatoes



Peas with lemon sauce, potatoes & herbs



Linguini pasta with cream milk, fresh mushrooms & white wine

FRIDAY

Chicken thigh kontosouvli & baked potatoes with curry, rosemary & mustard

Perch fillet with tomato, caper, olive & saffron & steamed vegetables

Green beans with olive oil stew & fresh tomato



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10 – 14/03/2025

MONDAY

Oven-baked lasagna
pasta with spinach,
chicken, graviera cheese
& estragon

Pork leg with aromatic
orange & coriander
sauce & carrot puree

Sifnos chickpeas
flavored with
rosemary



TUESDAY

Meatballs a la mafia
with vegetable
puree

Penne pasta with 4
cheeses

Peas with celery
root & fresh fennel



WEDNESDAY

Chicken roll with wine
sauce, vegetables &
baked baby potatoes

Beef Tas kebab &
village xylopites pasta
with eggs

Tricolor lentil soup with
anise



THURSDAY

Patties with oats,
cheese, sour milk,
tomato, pepper & basil
& groats with herbs

Vegan pastitsio with
minced & soy milk

Baked eggplants with
tomato



FRIDAY

Fresh minced chicken
meatballs with tomato
sauce & marjoram &
rice pilaf with peas

Black beans with
kafkalithres

Pork souvlaki with
pita, yogurt, dill &
baked potatoes with
mustard



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17 - 21/03/2025

MONDAY

Chicken fajitas with beer, colorful peppers, cilantro & lime & mashed potatoes with cheddar cheese

Athenian pastitsio with fresh minced meat

Tourlou vegetables with feta cheese (feta cheese separately)



TUESDAY



Kebab made from grilled fresh minced beef, with pita, yogurt sauce & paprika with Baked potatoes

Penne pasta with chicken bites, mushrooms, cream milk & Cretan graviera cheese

Oven giants



WEDNESDAY

Pork with lemon sauce, mustard & bell pepper & Rice pilaf with turmeric

Spinach & rice with fresh herbs



Turkey fillets with citrus sauce & chickpea puree with leek



THURSDAY

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

Fresh minced meat meatballs with Sasser sauce & rice pilaf with apricots & raisins



Okra with olive oil stew & fresh tomato



FRIDAY

Chicken in crispy parmesan cheese & parsley batter & mashed potatoes with parmesan

Traditional tomatoes-peppers stuffed with rice & fresh herbs with Baked potatoes



Black beans stew



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24 - 28/03/2025

MONDAY

Grilled chicken mosaic with cheese & herbs & white & red quinoa with fresh vegetables

Artichokes ala polita with carrot & dill



Penne pasta with vegetable sauce

TUESDAY

NATIONAL HOLIDAY

WEDNESDAY

Fresh grilled chicken with pepper gravy sauce & baked potatoes with coriander

Green beans with olive oil stew, sweet potato & tomato



Beef Hunkiar begendi with roasted eggplant puree

THURSDAY

Traditional Rethymnon sausages & baked baby potatoes with cherry tomatoes

Lasagna pasta with colorful vegetables au gratin

Chickpeas with tomato, cumin & Florin pepper



FRIDAY

Fresh minced meat meatballs with mint sauce & rice with Kozani yolk

Eggplants Imam



Chicken tandoori & Couscous with colorful vegetables



WEEKLY MENU PLAN

MAR - APR

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31/3 - 04/04/2025

MONDAY

Grilled pork belly &
Baked potatoes with
mustard

Lentil soup

Chicken leg fillet
yiouvetsi with groats
& dry mizithra
cheese



TUESDAY

Smyrnaean
Soutzoukakia &
Risotto with
vegetable brunoised

Penne pasta with apaki,
zucchini & cherry
tomatoes flavored with
marjoram

Baked eggplants
with tomato &
cheese (cheese
separately)



WEDNESDAY

Chicken thigh with
lemon & thyme &
Mashed potatoes with
thyme & Domokos
katiki cheese

Tagliatelle pasta with
beef ragout & chopped
vegetables

Okra with olive oil stew



THURSDAY

Cabbage - rice with
herbs

Grilled patties with
baked potatoes /
grilled vegetables

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



FRIDAY

Chicken thigh fillet with
sun-dried tomato &
basil sauce & wild rice
pilaf

Pork meatballs with
sweet & sour sauce
made from pineapple,
carrots & sweet
peppers served with
celery puree

Spinach with groats,
tomato & fresh
onion

