

WEEKLY MENU PLAN

MAY

gefsinus[®]
FOOD CULTURE

05 - 09/05/2025

MONDAY

Chicken with sweet chili sauce & basmati rice

Pork escalopes with Mavrodaphne wine sauce & porcini mushrooms served with mashed potatoes with katiki cheese & thyme

Spinach & rice with dill



TUESDAY

Beef kebab with pita, yogurt & paprika sauce & potatoes with mustard

Tortellini pasta with four cheeses

Black beans stew



WEDNESDAY

Roast chicken thigh with mustard sauce & oven-baked potatoes



Peas with in lemon sauce



Tricolor fusilli pasta with sun-dried tomatoes, feta cheese & olives

THURSDAY

Smyrnaean Soutzoukakia with rice pilaf



Traditional imam eggplants



Spaghetti pasta Carbonara(with bacon)

FRIDAY

Tandoori chicken with yogurt sauce & Rice pilaf

Braised zucchini with xynomyzithra cheese & fresh thyme

Lentil soup



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MAY

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FOOD CULTURE

12 - 16/05/2025

MONDAY

Oven-baked pork belly with petimezi, anise & coriander & mashed potatoes



Sifnos chickpeas baked with lemon & dill



Athenian pastitsio

TUESDAY

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

Beef burger with goat cheese & honey mustard sauce, served with traditional potatoes

Cretan vegetable sofegado with fresh herbs



WEDNESDAY

Country-style chicken thigh with peppers & rice saffron



Oven-baked pork shoulder with dark beer & smoked paprika served with potatoes with caramelized onion & feta cheese

Baked eggplants with tomato



THURSDAY

Meatballs with red sauce (Ala Mafia) & pilaf rice

Noodles stir-fry with colorful vegetables, soy sauce & fresh ginger

Peas with olive oil stew & potatoes



FRIDAY

Marinated pork kontosouvlith with paprika & oven-baked baby potatoes with cherry tomatoes & rosemary

Stuffed tomatoes-peppers with potatoes



Farfalle pasta with salmon



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FOOD CULTURE

19 - 23/05/2025

MONDAY

Traditional Moussaka
Gefsinus

Lentil & rice with
vegetables & curry



Tagliatelle pasta with
spinach cream, leek &
feta cheese

TUESDAY

Cretan Carbonara with
wholegrain linguine
pasta, apaki &
marjoram

Braised green beans
with potatoes



Grilled meatballs
with feta cheese,
mint, ouzo & Cypriot
tandoori, served
with rice with
turmeric

WEDNESDAY

Chicken thigh with
lemon sauce & oven
baked potatoes with
fresh oregano

Penne pasta au gratin



Spinach with rice,
tomato & fennel



THURSDAY

Grilled beef patties with
oven-baked potatoes



Sicilian rigatoni pasta

Stuffed eggplant



FRIDAY

Chicken mosaic with
oven-baked potatoes
with curry, rosemary,
lemon & mustard

Tourlou vegetables



Beef yiouvetsi

WEEKLY MENU PLAN

MAY

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FOOD CULTURE

26 - 30/05/2025

MONDAY

Linguine pasta with milk cream, mushrooms & white wine

Pork Bekri Meze with sausages, peppers & mushrooms & pilaf rice

Green beans with olive oil stew & fresh tomato



TUESDAY

Breaded cod fillet with a crispy crust – Potato salad with yogurt tartar sauce

Athenian pastitsio

Briam



WEDNESDAY

Crepes with spinach

Peas with lemon sauce, artichokes & carrots

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



THURSDAY

Meatloaf stuffed with mushrooms & mustard sauce served with mashed potatoes with Parmesan cheese

Penne with vegetable cubes, tomato & anthotyro cheese



Baked eggplants with tomato, feta cheese & fresh basil

FRIDAY

Chicken burger with brioche bun

Vegetable yiouvetsi

Stuffed tomatoes & peppers with potatoes

