gefsinus®
FOOD CULTURE

WEEKLY MENU PLAN

35039 ¡ST [

	COMFORT FOOD	GREEK ROOTS	VEGGIE CHOICE	BALANCED CHOICE
MON 35		Pastitsio with minced vegetables	Green beans in olive oil stew served with yahni potatoes & turmeric	Beef stroganoff served with sweet potato purée
TUE 36		Fried pork chops in wine sauce with mustard, parsley served with basmati rice	Spinach-rice served with fresh herbs & roasted sesame seeds	Braised turkey fillet served with roast gravy, oven baked potatoes & grilled vegetables
WED 37	Mixed vegetables served with sweet potato & grated feta cheese	Chicken fillets in lemon sauce served with oven pilaf	Pappardelle pasta served with sautéed mushrooms & creamy sauce	
THU 38	Leek-rice served with Cretan graviera cheese & mushrooms	Beef in tomato sauce skioufichta pasta & sundried tomato		Turkey breast served with slow cooked sauce & basmati rice
FRI 39	Slow cooked lentil soup served with tomato, tomato paste, carrot & chopped onion	Oven baked chicken with orange flavored served with oven baked potatoes in honey sauce		Stir-fry noodles served with vegetables & soy sauce

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WEEKLY MENU PLAN

3<046 ¡ST[

	COMFORT FOOD	GREEK ROOTS	VEGGIE CHOICE	BALANCED CHOICE
MON 3<	Fluffy roasted chicken patty served with steamed vegetables	Papoutsakia eggplants served with ground beef, pine nuts & black raisins	Peas in olive oil stew served with sun dried tomato & carrot	
TUE 43	Chicken kontosouvli served with baby potatoes & rosemary	Beef in lemon sauce served with carrots, mushrooms & potato purée	Lentils served with rice, caramelized onion & yogurt	
WED 44		Your favorite stuffed tomatoes & peppers served with raisins & spearmint	Slow cooked chickpeas served with sorrel	Mexican pork served with peppers, smoked paprika & lime zest
THU 45	Orecchiette served with shrimp, Florina pepper & fresh cream cheese	Smyrna meatballs (with fresh minced meat) served with oven baked pilaf & light seasoning	Caponata served with zucchini, anthotiro cheese & thyme	
FRI 46		Peas in lemon sauce served with apaki	Mezze maniche rigate pasta served with sundried tomato, feta cheese, caper & spearmint	Tandoori chicken served with yogurt sauce, lime zest & oven baked potatoes with curry, rosemary & mustard

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WEEKLY MENU PLAN

49053 ¡ST[

	COMFORT FOOD	GREEK ROOTS	VEGGIE CHOICE	BALANCED CHOICE
MON 49		Different Pastitsio with penne pasta served with light yogurt béchamel	Eggplants in olive oil stew served with potatoes & galotiri cheese	Tender chicken (cacciatore) braised with white wine served with wild rice pilaf
TUE 4:		Patty with kalathaki Limou cheese served with potato purée	Rice served with roasted vegetables, mushrooms & egg	Pork chop suey served with vegetables, roots & noodles
WED 4;	Homemade Gefsinus cheeseburger served with country style potatoes		Zucchini served with xynomyzithra cheese	Sweet & sour chicken served with pineapple & basmati rice
THU 4<	Oven baked okra served with blond raisins	Beef in wine sauce served with Florina peppers & rice		Pork in tomato sauce served with rissolé potatoes
FRI 53	Roasted chicken served with mustard sauce & roasted carrots in honey sauce & smoked paprika		Slowly roasted Imam eggplants	Meatballs served with spearmint sauce & oven baked potatoes

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WEEKLY MENU PLAN

5605: ¡ST[

	COMFORT FOOD	GREEK ROOTS	VEGGIE CHOICE	BALANCED CHOICE
MON 56		Classic favorite pasta with minced meat	Green beans in tomato sauce served with sweet potatoes	Roasted chicken thigh fillet Satay marinated in peanut butter & coconut milk served with basmati rice
TUE 57		Slow cooked beef in tomato sauce served with xylopites pasta	Mixed vegetables tourlou served with raisins & pine nuts	Farfalle pasta napolitana served with grated kefalotyri cheese
WED 58				
THU 59				
FRI 5:				

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WEEKLY MENU PLAN

63 ¡ST[037 ¡IJH

	COMFORT FOOD	GREEK ROOTS	VEGGIE CHOICE	BALANCED CHOICE
MON 63		Chicken roll filled with kasseri cheese, sage gravy sauce served with oven baked baby potatoes	Lasagna pasta served with minced vegetables	Tricolored lentil soup served with anise
TUE 34	Marinated pork chops served with smoked paprika & potatoes	Cabbage rolls (Lahanodomlades)	Different moussaka served with groats & mushrooms	
WED 35		Soup made from tender beef served with vegetables & risoni	Green beans in olive oil & tomato sauce stew	Chicken patties with green apple & oats served with multicolored quinoa & beetroot
THU 36	Traditional stuffed cannelloni pasta served with minced meat	Traditional pork fricassee	Homemade sour trahanas	
FRI 37	Chicken drumsticks served with flomaria pasta, cherry tomatoes & grated kefalotyri cheese	Green beans in lemon sauce served with fennel & artichokes		Grilled patties served with oven baked potatoes