

WEEKLY MENU PLAN

OCT

gefsinus[®]
FOOD CULTURE

05 - 09/10/2026

MONDAY

Grilled pork chop,
served with baby
potatoes

Lasagna pasta
Bolognese with minced
meat & mozzarella
cheese

Chickpeas with
tahini, lemon & chili
flakes



TUESDAY



Meatballs made with
fresh minced meat,
coriander, ginger &
teriyaki sauce, served
with vegetable
couscous

Penne pasta with
chicken, cherry
tomatoes, zucchini &
our basil pesto

Eggplant with fresh
tomato, PDO feta
cheese & basil



WEDNESDAY

Chicken thigh pastitsada



Green beans in olive oil
stew with fresh tomato
& sweet potatoes



Veal à la crème with
mushrooms, served
with vegetable
risotto

THURSDAY

Roasted pork leg with
orange & coriander
sauce, served with
Lyonnais potatoes &
caramelized onion

Chicken taco with
tomato, pepper, corn &
cheddar cheese



Tricolor lentil soup
with anise



FRIDAY

Fresh chicken breast
stir-fry with mixed
vegetables, ginger & soy
sauce, served with
basmati rice

Oven-baked giant
beans



Athenian pastitsio

WEEKLY MENU PLAN

OCT

12-16/10/2026

gefsinus®
FOOD CULTURE

MONDAY

Roasted chicken thigh with mustard sauce, served with vegetable purée

Fresh lemon pork with artichokes & carrots



Traditional bean soup



TUESDAY

Grilled beef kebab with pita, yogurt, tomato & onion, served with coriander potatoes

Sicilian rigatoni pasta

Peas in olive oil stew with fresh tomato, potatoes & dill



WEDNESDAY

Chicken thigh fillet yiouvetsi with groats & dry mizithra cheese

Traditional briam with fresh herbs



Breaded cod fillet, potato salad & yogurt tartar sauce

THURSDAY

Smyrna-style meatballs, served with rice pilaf

Marinated grilled pork scallopini, served with oven potatoes

Spinach with groats & tomato



FRIDAY

Fresh grilled chicken fillet strips, served with oven-baked baby potatoes, cherry tomatoes & rosemary

Vegetable orzotto



Imam bayildi eggplant with feta cheese

WEEKLY MENU PLAN

OCT

gefsinus[®]
FOOD CULTURE

19-23/10/2026

MONDAY

Lentils with rice and
curry



Chicken thigh fajitas
with beer, peppers &
coriander, served with
basmati rice

Friend pork chops
with peppers,
rosemary & sliced
olives, served with
potato purée

TUESDAY

Grilled beef patties with
smoked Vermio cheese,
served with oven
potatoes

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

Cabbage rice with fresh
herbs



WEDNESDAY

Chicken roll stuffed
with kasseri cheese &
roast gravy with sage,
served with orange
potatoes

Penne pasta with four
cheeses

Black beans yahni
style



THURSDAY

Beef tas kebab, served
with Egyptian-style rice
pilaf

Macaroni pasta au
gratin

Okra in olive oil
stew with fresh
tomato



FRIDAY

Chicken thigh fillet
fricassee with spinach

Green beans in olive oil
stew



Mount Athos
mousaka with
eggplant,
mushrooms &
groats

WEEKLY MENU PLAN

OCT

gefsinus[®]
FOOD CULTURE

26-30/10/2026

MONDAY

Turkey patties, served with steamed vegetables



Stir-fried noodle pasta with mixed vegetables, ginger & soy



Peas with lemon & apaki

TUESDAY



Spanish-style meatballs with sweet peppers, served with Kozani saffron rice

Tortellini pasta with cream cheese & crispy bacon

Artichokes à la polita with fresh Mediterranean herbs & lemon zest



WEDNESDAY

PUBLIC HOLIDAY

THURSDAY

Gefsinus burger made with fresh minced meat, goat cheese & honey mustard sauce served with traditional fries

Whole grain spaghetti pasta with chicken bolognese

Sifnos-style chickpeas baked in a clay pot with lemon & rosemary



FRIDAY

Chicken tandoori marinated in yogurt, served with vegetable couscous

Linguine pasta with Mediterranean tomato sauce



Traditional tomatoes & peppers stuffed with rice & fresh herbs

