

WEEKLY MENU PLAN

OCT

gefsinus[®]
FOOD CULTURE

06-10/10/2025

MONDAY

Pork with peppers,
rosemary & olive slice &
rice pilaf with turmeric

Fresh chicken with okra
baked in the oven &
fresh tomato

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



TUESDAY

Meatballs from fresh
minced meat with fresh
coriander, ginger &
teriyaki sauce &
Couscous with
vegetables

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

Eggplants with fresh
tomato, feta cheese
& basil

WEDNESDAY

Chicken leg pastitsada

Peas with celery root &
fresh dill

Burger with our
freshly ground beef,
goat cheese, honey
mustard sauce &
traditional fries



THURSDAY

Roast pork leg with
orange and coriander
sauce & oven-roasted
potatoes with
caramelized onions

Colorful peppers
stuffed with groats,
chicken, wild
mushrooms,
vegetables & Cretan
graviera cheese

Aromatic leek & rice
with fresh carrots & dill



FRIDAY

Fresh chicken fillet stir-
fry with colorful
vegetables, ginger & soy
sauce & Basmati rice

Oven giants

Athenian pastitsio



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FOOD CULTURE

13- 17/10/2025

MONDAY

Roast chicken thigh with
mustard sauce &
Vegetable purée



Farfalle pasta alfredo



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

TUESDAY

Smyrnaean meatballs
with rice pilaf

Cod fillet with a crispy
breaded crust & Potato
salad with yogurt tartar
sauce



Traditional bean
soup

WEDNESDAY

Chicken thigh fillet
giouvetsi with groats &
dried myzithra cheese

Spaghetti pasta
Bolognese

Traditional Briam with
fresh herbs



THURSDAY

Beef tas kebab with rice
pilaf

Tagliatelle pasta
carbonara with smoked
pancetta & Grana
cheese



Spinach with groats
& tomato

FRIDAY

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

Grilled chicken fillets
with Steamed zucchini
& carrots



Vegetable barley



WEEKLY MENU PLAN

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FOOD CULTURE

20-24/10/2025

MONDAY

Bolognese lasagna pasta with minced meat & mozzarella cheese

Lentil soup



Grilled pork chop with Baby potatoes

TUESDAY

Grilled patties from fresh minced meat with oven-roasted potatoes or grilled vegetables



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

Cabbage & rice with fresh herbs



WEDNESDAY

Stuffed chicken roll with kasseri cheese & roast sage sauce served with Potatoes with orange

Yiouvarlakia with egg – lemon sauce, potatoes & carrots

Black beans



THURSDAY

Pork kontosouvli with oven-roasted potatoes

Pasta au gratin

Okra with olive oil stew & tomato



FRIDAY

Roast chicken with estragon & groats with sun-dried tomato & herbs



Wholegrain penne pasta with tomato sauce, vegetables & Cretan anthyro cheese

Green beans with olive oil stew



WEEKLY MENU PLAN

OCT

27-31/10/2025

gefsinus®
FOOD CULTURE

MONDAY

Cod fish soup with egg & lemon sauce

Spanish meatballs with sweet peppers & rice with Kozani saffron

Artichokes à la Polita with fresh Mediterranean herbs & lemon zest



TUESDAY

PUBLIC HOLIDAY

WEDNESDAY

Stir-fry noodles with colorful vegetables, ginger & soy sauce

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

Fresh veal à la crème with mushrooms & Risotto with diced colorful vegetables



THURSDAY

Gefsinus burger from fresh minced meat with goat cheese & honey mustard sauce – served with traditional fries

Pork with lemon sauce, mushrooms & Florina peppers with Pilaf rice

Chickpea soup



FRIDAY

Tandoori chicken marinated in yogurt & Couscous with colorful vegetables

Linguine pasta with Mediterranean tomato sauce

Traditional tomatoes & peppers stuffed with rice & fresh herbs

