

WEEKLY MENU PLAN

SEP

gefsinus®
FOOD CULTURE

07 - 11/09/2026

MONDAY



TUESDAY

Stuffed meatloaf with peppers & feta cheese, served with wild rice pilaf

Cretan carbonara with wholewheat linguine pasta, apaki & graviera cheese

Lentil rice with curry vegetables & lime juice



WEDNESDAY

Smyrna-style meatballs, served with vegetable brunoise risotto

Pappardelle pasta with tomato, feta cheese, olives & fresh dill

Oven-baked chickpeas with leek, zucchini, carrot & yellow curry paste



THURSDAY

Pork ajem pilaf

Bean stew

Athenian pastitsio



FRIDAY

Chicken meatballs with tomato & marjoram sauce, served with mashed potatoes

Crepes with ham & kasseri cheese

Okra in olive oil stew



WEEKLY MENU PLAN

SEP

14 - 18/09/2026

gefsinus[®]
FOOD CULTURE

MONDAY

Roasted chicken with orange sauce, served with fresh vegetable purée



Tagliatelle pasta with spinach, leek & feta cheese

Vegetable moussaka

TUESDAY

Cod fish croquettes, served with potato salad & yogurt tartar sauce

Oat patties with tyrozouli cheese, buttermilk, tomato, pepper & basil served with Rice pilaf

Baked giant beans



WEDNESDAY

Fresh grilled chicken fillet, served with roast potatoes with curry, rosemary, lemon & mustard

Vegetable giouvetsi with herbs

Oven-baked tourlou vegetables with feta cheese



THURSDAY

Fresh minced meatballs alla mafia with spicy tomato sauce served with Kozani saffron rice



Spinach, leek, mushroom & kasseri cheese lasagna au gratin

Braised cabbage with white & red quinoa, Florina peppers & cumin

FRIDAY

Traditional stuffed tomatoes & peppers with rice & fresh herbs



Chicken cacciatore, served with vegetable purée

Tortellini pasta with cheese cream & crispy bacon

WEEKLY MENU PLAN

SEP

21 - 25/09/2026

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FOOD CULTURE

MONDAY

Fresh chicken thigh with Thai soy marinade served with fried rice

Lasagna with vegetable mince

Roasted zucchini with tomato & xinomizithra cheese



TUESDAY

Grilled beef kebab with fluffy pita, yogurt, tomato & served with roast potatoes
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Pappardelle pasta with mushrooms, white wine & cream

Spinach rice



WEDNESDAY

Artichoke hearts à la polita with peas, carrot & dill



Four-cheese penne pasta

Roast chicken thigh with mustard sauce, served with roast potatoes



THURSDAY

Grilled pork chop served with roasted baby potatoes, cherry tomatoes & rosemary

Smyrna-style meatballs served with basmati rice & peas

Green beans in olive oil stew with fresh tomato & potatoes



FRIDAY

Sweet-and-sour pork with prunes, served with wild rice pilaf

Traditional briam vegetables with tomato



WEEKLY MENU PLAN

SEP

gefsinus[®]
FOOD CULTURE

28 -2/10/2026

MONDAY

Chicken thigh fillet with pineapple, colourful peppers & cream served with aromatic basmati rice

Fresh marinated grilled pork scallopini served with roast potatoes & grilled vegetables

Cretan sofegado



TUESDAY

Burger with our house-made fresh minced meat, goat cheese, honey mustard sauce & country-style potatoes

Wholewheat spaghetti pasta with chicken bolognese & peppers

Creamy mushroom soup with fresh thyme



WEDNESDAY

Sicilian rigatoni pasta

Lemony peas with artichokes, carrots & lemon zest

Fresh chicken fillet marinated with yogurt, cardamom & curry served with orange potatoes



THURSDAY

Meatballs with chasseur sauce served with vegetable brunoise risotto

Oven-baked borlotti beans with chervil, spinach & fennel

Tagliatelle pasta with beef ragù & finely chopped vegetables



FRIDAY

Roasted chicken with pepper gravy sauce served with roast potatoes

Greek fava with tomato & capers

Stuffed eggplant papoutsakia with mince, pine nuts & black raisins

