

WEEKLY MENU PLAN

SEP

01 - 05/09/2025

gefsinus[®]
FOOD CULTURE

MONDAY



TUESDAY

Ground beef patties
with Roquefort sauce –
Roasted potatoes with
mustard

Spinach with groats,
tomato & fennel



WEDNESDAY

Fresh marinated
chicken fillet with BBQ
sauce – White & red
quinoa with vegetables
& herbs

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



THURSDAY

Meatballs made from
minced meat with mint
sauce & Aromatic rice
with Kozani saffron

Breaded cod with
Potato salad with
yogurt tartar sauce

Cabbage & rice



FRIDAY

Rigatoni pasta with
mushrooms, tomato &
bacon

chicken kebab with
corn pita & spicy
yogurt sauce with
Oven-roasted potatoes

Traditional stuffed
tomatoes & peppers
with rice & fresh herbs



WEEKLY MENU PLAN

SEP

gefsinus[®]
FOOD CULTURE

08- 12/09/2025

MONDAY

Chicken thigh fillet with pineapple, colorful peppers & cream with Aromatic basmati rice

Marinated grilled pork scallopini with Oven-roasted potatoes & grilled vegetables

Cretan sofegado



TUESDAY

Tsakonian-style stewed eggplants in olive oil



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

Wholegrain spaghetti pasta with chicken Bolognese & bell peppers



WEDNESDAY

Sicilian rigatoni pasta

Peas with lemon, artichokes, carrots & lemon zest



Fresh chicken fillet marinated with yogurt, cardamom & curry – Potatoes with orange



THURSDAY

Meatballs with sauce & Mashed potatoes with thyme and Katiki Domokou cheese

Baked beans with wild greens, spinach & dill



Tagliatelle pasta with beef ragù & finely chopped vegetables



FRIDAY

Roast chicken with pepper gravy sauce & Oven-roasted potatoes

Fava with tomato & capers



Traditional stuffed eggplants “Papoutsakia” with fresh minced meat & fluffy béchamel

WEEKLY MENU PLAN

SEP

gefsinus[®]
FOOD CULTURE

15 - 19/09/2025

MONDAY

Chicken leg with Thai marinade & soy sauce with Fried rice

Vegetable lasagna pasta au gratin with mozzarella cheese

Grilled zucchini with tomato & xinomizithra cheese



TUESDAY

Grilled beef kebab with fluffy pita, yogurt, tomato & onion – Oven-baked potatoes

Pappardelle pasta with mushrooms, white wine & milk cream

Spinach & rice



WEDNESDAY

Artichoke hearts à la Polita with peas, carrot & dill



Penne pasta with 4 cheeses

Roasted chicken thigh with mustard sauce & Oven baked potatoes



THURSDAY

Grilled pork chop & Baby oven potatoes with cherry tomatoes & rosemary

Stuffed minced meat roll with Florina peppers & feta cheese With rice pilaf

Green beans cooked in olive oil with fresh tomatoes & potatoes



FRIDAY

Sweet & sour pork with prunes & Wild pilaf rice

Traditional briam with tomato



Chicken patty made from fresh minced meat with coriander with steamed vegetables



WEEKLY MENU PLAN

SEP

gefsinus[®]
FOOD CULTURE

22 - 26/09/2025

MONDAY

Roast chicken with orange sauce & fresh vegetable purée



Fresh pork escalopes with mavrodaphne & porcini mushroom sauce with Pilaf rice

Vegetable moussaka

TUESDAY

Breaded cod fillet with Potato salad with yogurt tartar sauce

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

Oven giants



WEDNESDAY

Grilled chicken fillet with Oven potatoes with curry, rosemary, lemon & mustard

Vegetable yiouvetsi with herbs



Pork with buttered groats & vegetables

THURSDAY

Minced meat meatballs ala mafia with spicy tomato sauce – Rice with Kozani yolk



Lasagna pasta au gratin with spinach, leek, mushrooms & kasseri cheese

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



FRIDAY

Traditional stuffed tomatoes & peppers with rice & fresh herbs



Cacciatore chicken – Vegetable purée

Tortellini pasta with cheese cream & crispy bacon

WEEKLY MENU PLAN

SEP-OCT

gefsinus[®]
FOOD CULTURE

29/09 - 03/10/2025

MONDAY

Rotisserie chicken & Potatoes with thyme

Penne pasta with tomato sauce, mushrooms & crispy bacon

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



TUESDAY

Stuffed minced meat roll with peppers & feta cheese— Wild pilaf rice

Cretan carbonara with wholegrain linguine pasta, apaki & graviera cheese

Tripolis stewed potatoes & celery with tomato



WEDNESDAY

Smyrnaean meatballs with vegetable brunoised risotto

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

Casserole chickpeas with leek, zucchini, carrot & yellow curry paste



THURSDAY

Pork Aztem pilaf



Athenian pastitsio



Peas with lemon sauce, artichokes, carrots & lemon zest



FRIDAY

Chicken meatballs with tomato sauce & marjoram with Mashed potatoes

Crepes with ham & kasseri cheese

Okra with olive oil stew

