

# WEEKLY MENU PLAN

# SEP

gefsinus<sup>®</sup>  
FOOD CULTURE

09 - 13/09/2024

MONDAY

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

Crepes with spinach & cheese, Gefsinus

Cretan Sofegado



TUESDAY

Zucchini ragout with anthotyro cheese & thyme



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

Wholegrain spaghetti pasta with chicken Bolognese & peppers



WEDNESDAY

Sicilian rigatoni pasta

Peas with lemon sauce, artichokes, carrots & lemon zest



Chicken fillet marinated with yogurt, cardamom & curry & served with potatoes with orange



THURSDAY

Pork with dark beer, smoked paprika & risotto with vegetable brinoise

Grilled meatballs, with feta cheese, mint, ouzo, Cypriot talantouri & mashed potatoes with tomato



Beans with myrtle, spinach & fennel



FRIDAY

Roast chicken with pepper gravy sauce & baked potatoes

Fava with tomato & capers



Traditional stuffed aubergines with fresh minced meat & fluffy béchamel

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16 - 20/09/2024

MONDAY

Fresh chicken leg with Thai marinade & soy sauce & fried Rice

Lasagna pasta with vegetables au gratin & mozzarella cheese

Eggplants with olive oil stew



TUESDAY

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

Pappardelle pasta with mushrooms, white wine & milk cream

Spinach & rice



WEDNESDAY

Hearts of artichokes ala polita with peas, carrot & dill

Penne pasta with 4 cheeses

Roast chicken leg with mustard sauce & baked potatoes



THURSDAY

Stuffed mincemeat roll with Florini peppers & feta cheese & Polenta with parmesan cheese

Farfalle pasta with fresh salmon with vodka & chives

Green beans with olive oil stew fresh tomato & potatoes



FRIDAY

Sweet & sour pork with plums & wild rice pilaf

Linguini pasta with shrimps, fresh tomatoes, fennel & ouzo

Traditional vegetable Briam with tomato



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gefsinus®  
FOOD CULTURE

23 - 27/09/2024

MONDAY

Roast chicken with orange sauce & fresh vegetable purees



Pork escalopes with black bay & porcini mushroom sauce with rice pilaf

Vegetables Moussaka

TUESDAY

Patties with oats, cheese, sour milk, tomato, pepper & basil served with Polenta with Parmesan cheese

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

Grilled zucchini with tomato & xynomyzithra cheese



WEDNESDAY

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

Vegetable yiouvetsi with herbs



Tripoli's potato – celery with tomato



THURSDAY

Fresh minced meatballs ala mafia with hot tomato sauce & rice with Kozani yolk



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

Cabbage with white & red quinoa, Florini peppers & cumin



FRIDAY

Traditional tomatoes-peppers stuffed with rice & fresh herbs



Chicken cacciatore with vegetable puree

Tortellini pasta with cheese cream & crispy bacon

# WEEKLY MENU PLAN SEP-OCT

30/09 - 04/10/2024

MONDAY

Rotisserie chicken & potatoes with thyme

Penne pasta with tomato sauce, mushrooms & crispy bacon

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



TUESDAY

Mincemeat roll stuffed with peppers & feta cheese served with wild rice pilaf

Cretan carbonara with wholegrain linguini pasta, apaki & graviera cheese

Spinach with groats, tomato & fennel



WEDNESDAY

Veal ala Hunkar Begendi

Mushroom soup cream with fresh thyme

Chicken leg with lemon & thyme with baked potatoes



THURSDAY

Pork adjem pilaf

Beans beads

Lasagna pasta au gratin with vegetables & mozzarella cheese



FRIDAY

Turkey fillets with Florini pepper sauce & mashed potatoes

Crepes with ham & kasseri cheese

Baked courgettes with ragout potatoes & anthytyro cheese

