

### SAMPLE WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	AMERICAN Breakfast	AMERICAN Breakfast	AMERICAN Breakfast	AMERICAN Breakfast	AMERICAN Breakfast	AMERICAN Breakfast	AMERICAN Breakfast
<b>SNACK</b>							
SNACK	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)
<b>LUNCH</b>							
Starters	fried cheese or zucchini fried balls or roasted peppers	crisp bread with tomato and feta cheese or Greek cheese soufflé	Greek traditional cheese pie or eggplant salad or fava beans	tzatziki (dip yogurt-garlic-herbs) or spicy cheese dip or spinach pie	vegetable tart or fried seafood with sauce and cheese	stuffed peppers or spicy cheese pie or zucchini fried balls	Eggplants salad or tomato fried balls
Salad	traditional Greek salad or green salad	Greek traditional salad or chef salad	salad four seasons or salad octopus	Greek traditional salad or chef salad	Greek traditional salad or green salad with seasonal vegetables	Greek traditional salad or chef salad	Greek traditional salad or tuna salad
Main dish	Mousaka , accompanied by chilled white wine	grilled veal or chicken with pasta accompanied by red or white wine	Stuffed tomatoes with rice and herbs and minced meat accompanied by chilled white wine	Lamp with potatoes in the Owen accompanied by chilled white wine	pasticcio (pasta with minced meat and béchamel) accompanied by chilled white wine	veal with tomato sauce rice or smashed potatoes accompanied by red wine	cuttlefish with spinach accompanied by ouzo/ tsipouro (Greek traditional beverage)
Dessert	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee
<b>SNACK</b>							
SNACK	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)	Snack (various types)
<b>DINNER</b>							
Starters	octopus finished with wine or fried squids	vegetable soufflé or grilled cheese	grilled feta with honey& sesame or octopus or stuffed peppers	stuffed artichokes or potato croquettes	fish roe salad or crawfish salad	mixed vegetables with mayonnaise sauce or cheese pie	suffle with cheese &ham
Salad	green salad	seasonal vegetables or green salad	traditional Greek salad or rocket salad parmesan and sundried tomatoes	chicken salad or green salad	steamed vegetables	beetroot salad or potato salad	chef salad or cabbage-carrot salad
Main dish	grilled fish with vegetables ,accompanied by chilled white wine	pasta with shrimps accompanys by red wine	grilled salmon with vegetables accompanied by chilled white wine or ouzo /tsipouro (Greek traditional beverage)	seafood risotto accompanied by chilled white wine or ouzo/tsipouro (Greek traditional beverage)	various frled fishes accompanied by white wine or tsiouro	chicken fillet with basil and pasta accompanied by chilled white wine	meat loaf with baked potatoes by red wine
Dessert	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee	fruits or sweet dessert or ice-cream and coffee

American Breakfast includes: coffee ,milk ,orange juice, tea , yogurt ,cake ,toast , butter ,honey , jam ,cereals , pancakes , eggs( omelette –scramble etc.) , fruits.

Daily Snack : platter with various Greek cheeses and delicatessen meats or cheese croquettes or potato croquettes or plate of various vegetables with dips or tart with vegetables & cheese or sandwiches or various canapés or meatballs with ouzo or pies with cheese –vegetables-meat , white/red wine ,ouzo/tsipouro.