

**FASTING MENU**

DAY		MONDAY 01/12/25	TUESDAY 02/12/25	WEDNESDAY 03/12/25	THURSDAY 04/12/25	FRIDAY 05/12/25	SATURDAY 06/12/25	SUNDAY 07/12/25
MEAL	first course	Spinach pie	"Trachanas" Vegan pasta soup with tomato juice	Green beans casserole	Hummus	Baked zucchini	Lentil salad	Vegetable soup
	main course	Cuttlefish (frozen) in tomato juice with rice, 4-5 olives and pickles	"Briam" Mixed vegetables casserole, 4-5 olives and pickles	Chickpeas soup, 4-5 olives, pickles	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice, 4-5 olives and pickles	Lentil soup, 4-5 olives and pickles	"Imam" Eggplants casserole with tomato juice, 4-5 olives and pickles	"Tourlou" Mixed vegetables casserole, 4-5 olives and pickles
	bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread
	salad	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)
	Dessert/fruit	Rice Pudding Vegan dessert made with rice and added cinamon	Fruit	Rox Dough dessert with cinnamon and chocolate in sweet syrup	Fruit	Vegan apple pie	Fruit	"Baklavas" Flaky pastry dough with walnuts in sweet syrup
HMEPA		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Baked vegetables	Baked potatoes	"Gigantes" Greek giant baked beans with tomato juice and herbs	Risotto with mushrooms	Spinach pie	Potatoes casserole with tomato juice and thyme	Risotto with vegetables
	main course	Lentil soup, 4-5 olives and pickles	Pasta Napoliten, 4-5 olives, pickles	Arrow squid (frozen) in tomato juice with pasta, 4-5 olives and pickles	Okra casserole with tomato juice, 4-5 olives and pickles	Cuttlefish (frozen) with spinach and fennel, 4-5 olives and pickles	Bean soup, 4-5 olives and pickles	Pasta with vegetable sauce, 4-5 olives and pickles
	bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread
	salad	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)
	Dessert/fruit	Fruit	"Kantaifi" Baked shredded phyllo pastry filled with walnuts in sweet syrup	Fruit	'Ravani" Semolina vegan cake in sweet syrup	Fruit	Vegan Greek walnut cake with syrup	Fruit