

FASTING MENU

DAY		MONDAY 08/12/25	TUESDAY 09/12/25	WEDNESDAY 10/12/25	THURSDAY 11/12/25	FRIDAY 12/12/25	SATURDAY 13/12/25	SUNDAY 14/12/25
MEAL	first course	Okra casserole with tomato juice	Black-eyed beans casserole with tomato juice	Spinach pie	"Trachanas" Vegan pasta soup	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice	Baked potatoes with thyme and oregano	Vegetable soup
	main course	Cuttlefish (frozen) with spinach, 4-5 olives and pickles	Spinach with rice, 4-5 olives and pickles	"Briam" Mixed vegetables casserole, 4-5 olives and pickles	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives and pickles	Chickpeas soup, 4-5 olives, pickles	Barlotti beans casserole, 4-5 olives and pickles	Okra casserole with tomato juice, 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	"Halvas" Greek semolina dessert with cinnamon	Fruit	Donuts	Fruit	Vegan chocolate pie
HMEPA		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Couscous with tomato juice	Vegetable soup	Risotto with vegetables	Mashed potatoes with herbs	Spinach pie	Souffle with spinach and tomato juice	Risotto with mushrooms
	main course	Bean soup, 4-5 olives and pickles	Pasta with tomato sauce and mushrooms, 4-5 olives and pickles	Arrow squid (frozen) with tomato juice and pasta, 4-5 olives and pickles	"Imam" Eggplants casserole with tomato juice, 4-5 olives and pickles	Octopus (frozen) with tomato juice and pasta, 4-5 olives and pickles	Green beans casserole with tomato juice, 4-5 olives, pickles	Pasta Napoliten, 4-5 olives, 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	'Ravani" Semolina vegan cake in sweet syrup	Fruit	Vegan apple pie	Fruit	Cocoa cream	Fruit

