

# FASTING MENU 15.12.2025 - 21.12.2025

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DAY		MONDAY 15/12/25	TUESDAY 16/12/25	WEDNESDAY 17/12/25	THURSDAY 18/12/25	FRIDAY 19/12/25	SATURDAY 20/12/25	SUNDAY 21/12/25
MEAL	first course	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice	"Fava" Mashed split-peas	Risotto with mushrooms	Vegetable soup	Spinach pie	Baked zucchini	Souffle with spinach and tomato juice
	main course	Cuttlefish (frozen) in tomato juice with rice and vegetables, 4-5 olives and pickles	Green peas casserole with tomato juice, 4-5 olives and pickles	Lentil soup, 4-5 olives and pickles	Green beans casserole with tomato juice, 4-5 olives, pickles	Arrow squid (frozen) with tomato juice and rice, 4-5 olives, pickles	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice, 4-5 olives, pickles	"Gemista" Tomatoes and peppers stuffed with rice, chopped vegetables and herbs baked in the oven, 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	"Halvas" Greek semolina dessert with cinnamon	Fruit	Rice Pudding Vegan dessert made with rice and added cinanamon	Fruit	Vegan chocolate pie	Fruit	"Halvas" Greek semolina dessert with cinnamon
HMEPA		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Spinach pie	Chickpea velouté soup	"Gigantes" Greek giant baked beans with tomato juice and herbs	Orzo pasta with vegetable	Baked potatoes	Minestrone soup Vegetable soup with rice, pasta and tomato juice	Vegetable soup
	main course	Cabbage with rice, 4-5 olives and pickles	"Tourlou" Mixed vegetables casserole, 4-5 olives and pickles	Cuttlefish (frozen) with spinach and fennel, 4-5 olives and pickles	"Imam" Eggplants casserole with tomato juice, 4-5 olives and pickles	Okra casserole with tomato juice, 4-5 olives and pickles	Pasta with vegetable sauce, 4-5 olives, pickles	"Gigantes" Greek giant baked beans with tomato juice and herbs, 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	Vegan apple pie	Fruit	'Ravani" Semolina vegan cake in sweet syrup	Fruit	Vegan Greek walnut cake with syrup	Fruit