

# FASTING MENU 22. & 23.12.2025

DAY		MONDAY 22/12/25	TUESDAY 23/12/25					
MEAL	first course	Spinach pie	Vegetable soup					
	main course	Arrow squid (frozen) in tomato juice with pasta, 4-5 olives and pickles	Barlotti beans casserole, 4-5 olives and pickles					
	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)					
	Dessert/fruit	"Halvas" Greek semolina dessert with cinnamon	"Melomakarono" Greek traditional Christmas honey flavoured dessert					
HMEPA		MONDAY	TUESDAY					
DINNER	first course	Couscous with tomato juice and vegetables	Risotto with vegetables					
	main course	Chickpeas soup, 4-5 olives and pickles	Pasta with tomato sauce and mushrooms, 4-5 olives and pickles					
	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)					
	Dessert/fruit	Fruit	Fruit					