

1st WEEK FASTING MENU

DAY		MONDAY 01/04/24	TUESDAY 02/04/24	WEDNESDAY 03/04/24	THURSDAY 04/04/24	FRIDAY 05/04/24	SATURDAY 06/04/24	SUNDAY 07/04/24
MEAL	first course	Vegetable soup	"Fava" Mashed split-peas	Risotto with mushrooms	Pasta soup	Baked zucchini	Risotto with vegetables	Spinach soufflé with tomato
		Barlotti beans casserole, 4-5 olives, pickles	Green beans casserole with potatoes and carrots, 4-5 olives, pickles	Octopus (frozen) with orzo pasta in tomato juice 4-5 olives, pickles	Green peas casserole with lemon juice and potatoes, 4-5 olives, pickles	Spinach with rice 4-5 olives, pickles	"Briam" Mixed vegetables casserole 4-5 olives, pickles	Green peas casserole with tomato juice and potatoes, 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	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Lettuce with tomato	Lettuce with rocket or Cabbage with carrot	Cabbage with carrot or Steam broccoli	Tomatoes and cucumber or Steam cauliflower	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Steam leafy green salad
	dessert fruit	Vegan apple pie	Fruit	"Halvas" Greek semolina vegan dessert with cinnamon	Fruit	Rice pudding Vegan dessert made with rice and added cinamon	Fruit	"Halvas" Greek semolina vegan dessert with cinnamon
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Pasta napoliten	Velouté soup with rice and mint	Chickpeas salad	Potatoes "yiahni" Potatoes casserole with tomato juice and onions	Bean salad	Orzo pasta	Vegetable soup
	main course	Cuttlefish (frozen) with spinach and fennel 4-5 olives, pickles	Okra casserole with tomato juice and onions, 4-5 olives, pickles	"Tourlou" Mixed vegetables casserole 4-5 olives, pickles	Arrow squid (frozen) in tomato juice with rice, 4-5 olives, pickles	Pasta napoliten, 4-5 olives, pickles	Chickpeas soup 4-5 olives, pickles	Pasta with vegetable sauce, 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	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Lettuce with tomato	Lettuce with rocket or Cabbage with carrot	Cabbage with carrot or Steam broccoli	Tomatoes and cucumber or Steam cauliflower	Lettuce or Politiki salad (cabbage, carrot, parsley, celery, vinegar)	Cabbage with carrot or Steam leafy green salad
	dessert	Fruit	"Ravani" Semolina vegan cake in sweet syrup	Fruit	Vegan chocolate pie	Fruit	"Ravani" Semolina vegan cake in sweet syrup	Fruit