

FASTING MENU from 30.03.2026 to 05.04.2026

DAY		MONDAY 30/03/26	TUESDAY 31/03/26	WEDNESDAY 01/04/26	THURSDAY 02/04/26	FRIDAY 03/04/26	SATURDAY 04/04/26	SUNDAY 05/04/26
MEAL	first course	Spinach pie	Vegetable soup	Baked vegetables with tomato juice	"Fava" Mashed split-peas	Baked zucchini	Mashed potatoes with herbs	"Trachanas" Vegan pasta soup
	main course	Arrow squid (frozen) with tomato juice and pasta, 4-5 olives and pickles	Barlotti beans casserole, 4-5 olives and pickles	Lentil soup, 4-5 olives and pickles	Green beans casserole with tomato juice, 4-5 olives and pickles	Bean soup, 4-5 olives and pickles	Artichokes à la "polita" Artichokes cooked with several vegetables in lemon juice, 4-5 olives and pickles	"Briam" 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	"Halvas" Greek semolina dessert with cinnamon	Fruit	Rice Pudding Vegan dessert made with rice and added cinanamon	Fruit	'Ravani" Semolina vegan cake in sweet syrup	Fruit	"Halvas" Greek semolina dessert with cinnamon
HMEPA		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	first course	Couscous with tomato juice and vegetables	Risotto with vegetables	Green peas casserole with tomato juice	Creamy chickpea soup with mint	Spinach pie	Pasta Napoliten	Risotto with mushrooms
	main course	Chickpeas soup, 4-5 olives and pickles	Pasta with tomato sauce and mushrooms, 4-5 olives and pickles	Cuttlefish (frozen) with spinach and fennel, 4-5 olives and pickles	"Gemista" Tomatoes and peppers stuffed with rice chopped vegetables and herbs baked in the oven, 4-5 olives and pickles	Arrow squid (frozen) with tomato juice and french fries, 4-5 olives and pickles	"Gigantes" Greek giant baked beans with tomato juice and herbs, 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	Fruit	Vegan apple pie	Fruit	Vegan chocolate pie	Fruit	Vegan Greek walnut cake with syrup	Fruit