

4th WEEK FASTING MENU								
DAY		MONDAY 25/03/24	TUESDAY 26/03/24	WEDNESDAY 27/03/24	THURSDAY 28/03/24	FRIDAY 29/03/24	SATURDAY 30/03/24	SUNDAY 31/03/24
MEAL	FIRST COURSE	"Skordalia" Garlic smoothy sauce	"Trachanas" Vegan pasta soup with tomato juice	"Fava" Mashed split-peas	Vegetable soup	Risotto with mushrooms	Baked zucchini	Orzo pasta with tomato juice
	MAIN COURSE	Octopus (frozen) in tomato juice with pasta, 4-5 olives, pickles	Spinach with rice 4-5 olives, pickles	Lentils soup, 4-5 olives, pickles	"Tourlou" Mixed vegetables casserole, 4-5 olives, pickles	Chickpeas soup, 4-5 olives, pickles	Green beans casserole with tomato juice, potatoes and carrots, 4-5 olives, pickles	Okra casserole, 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	Rice pudding Vegan dessert made with rice and added cinamon	Fruit	"Halvas" Greek semolina vegan dessert with cinnamon	Fruit	Donuts	Fruit	"Baklavas" Flaky pastry dough with walnuts in sweet syrup
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	FIRST COURSE	Roasted vegetables with tomato juice	Minestrone soup Vegetable soup with rice, pasta and tomato juice	Risotto with vegetables	Pasta napoliten	Spinach pie	Eggplants casserole with tomato juice, onions and potatoes	"Skordalia" Garlic smoothy sauce
	MAIN COURSE	Green peas casserole with lemon juice and potatoes, 4-5 olives, pickles	Green beans casserole with tomato juice, potatoes and carrots, 4-5 olives, pickles	Cuttlefish (frozen) with spinach, fennel, 4-5 olives, pickles	"Gigantes" Greek giant baked beans with tomato juice and herbs, 4-5 olives, pickles	Arrow squid (frozen) in tomato juice with rice 4-5 olives, pickles	Lentils soup, 4-5 olives, pickles	Mixed roasted vegetables in the oven, 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	Fruit	'Ravani" Semolina vegan cake in sweet syrup	Fruit	"Kantaifi" Baked shredded phyllo pastry filled with walnuts in sweet syrup	Fruit	Vegan apple pie	Fruit