

~ STADIUM MENU ~

Day 1

Breakfast

*fruits

*Greek omelet, onions, feta cheese, Greek peppers

*homemade carrot cake

Lunch

*roasted cauliflower pesto sauce, cheese sauce

*Greek salad, tomatoes, cucumbers, onions, green Peppers, olives and extra virgin olive oil

*fish of the day with fava, caramelized onions and capers

Dinner

*feta cheese on crispy phyllo with raw honey and sesame seeds

*Green salad lettuce, cherry tomatoes, onions, parmesan and roasted sesame

*spaghetti Bolognese or feta cheese pasta

Dessert

*Orange pie (Greek traditional desert)

Day 2

Breakfast

*fruits

*pancakes or crepes with Nutella or peanut butter and sweet and sour jam or white chocolate and dark chocolate spread with red fruits

*pancakes with ham or turkey, cheese, fresh vegetables cream cheese or homemade mayonnaise

Lunch

*Beetroot salad with garlic, pine, green apple and blue cheese

*grilled vegetables

*chicken with lemon potatoes slow cooked on the oven

Dinner

*shrimp ceviche, aromatized with mango and citrus fruits

*green salad with spinach, lettuce, cherry tomatoes, herbs and dried tomato dressing

*Octopus simply grilled with roasted chickpeas, butter beans, cooked onions and pesto soft sauce

Dessert

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*cheesecake

Day 3

Breakfast

*fruits

*quesadillas with grilled vegetables and guacamole to the side

*Greek yogurt, honey, nuts, raisins

Lunch

*cheeseballs with feta and creamy goat cheese, topping with nuts, or pistachio or black sesame seeds

*Greek salad

*seafood pasta, homemade tomato sauce, with shrimps, mussels, calamari

Dinner

*spring rolls stuffed with gruyere and apaki (salami from Crete island)

*grilled vegetables

Lamp with potatoes in the oven

Dessert

*homemade snickers ice cream cake

Day 4

Breakfast

*fruits

*Frittata with onions, sausages, cheese and herbs

*cinnamon rolls

Lunch

*Summer salad, burrata cheese, baby spinach, raw honey, raisins, nuts and fruits

*"melitzanosalata" smoked eggplant mixed with red pepper and garlic

*Beef cooked with tomato sauce, Greek traditional style with rice or potatoes

Dinner

*Mango salad, shrimps, tomatoes, green beans, orange vinaigrette

*tuna tartare

*Fried rice with vegetables Asian style, soya, fresh ginger and sesame oil

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Dessert

*Fried banana with ice cream

Day 5

Breakfast

- *Fruits
- *Pastry (croissant, apple pie)
- *Spinach pie
- *Cheese pie

Lunch

- *" Culinary trip to Greece" tzatziki, melitzanosalata (Baba Ghanoush), spicy feta, hummus dips with and pitta bread platter
- *Grilled asparagus with cherry tomatoes and mozzarella cheese
- *Shrimp pasta with garlic, cream, coriander finish with ouzo liquor

Dinner

- *Fresh basil, mozzarella, tomato salad
- *Feta "saganaki"
- *Beef steak with truffle oil with smash sweet potatoes purée

Dessert

*tiramisu

Day 6

Breakfast

- *Tortilla with salmon, avocado, capers, cucumber, cream cheese
- *Tortilla with grilled vegetables
- *porridge with tahini or peanut butter, honey, apple, cinnamon and raisins

Lunch

- *Green mix salad
- *Broccoli balls stuffed with mozzarella
- *Sardines in the oven, slow cooked, with lemon & herbs sauce

Dinner

- *lettuce onion salad
- * pumpkin velvet soup

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*Greek style salmon, Greek salmon served with lemon capers sauce, baby potatoes and vegetables

Dessert

*Chocolate soufflé with vanilla ice cream

Day 7

Breakfast

*Fruits

*Croque monsieur & croque madame

*Loukoumades (Greek style donuts) with honey cinnamon walnuts

Lunch

*Jacket sweet potato, mash stuffed with cream mushrooms, bacon, mozzarella and swiss cheese

*Strawberry salad, lola, baby leaves, sour apple, cashew nuts, Katiki Domokou cheese, strawberry dressing

* Prime cut ribeye

Dinner

*Dolmadakia, vine leaves stuffed with rice and herbs, served with lemon sauce

*Wild greens

*Whole Branzino

Dessert

*Red Velvet cake

*Fresh juices, smoothies and chocolate drinks are available in all breakfasts

*In between the meals, snacks and cocktails can be provided

*Most of our food ingredients are from local producers

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Created by Kelly...