

RETREAT MENU

All meals are served with a variety of side dishes including salads, fruit, cheese, and hummus or fava dip.

 Vegetarian dish

ARRIVAL DAY WEDNESDAY MAY 7

LUNCH

 Stuffed peppers and tomatoes with rice

DINNER

Traditional moussaka

-or-

 Vegetarian moussaka

DAY 1 THURSDAY MAY 8

LUNCH

 Cheese and spinach pie

DINNER

Grilled sea bass with lemon oil

-or-

 Ratatouille quinoa soup

DAY 2 FRIDAY MAY 9

LUNCH

Mixed BBQ meat platter: pork chops, chicken chops, home-made burgers, country sausages

DINNER AT MITSOS RESTAURANT

-or-

 Roasted sweet potatoes with black beans

DAY 3

SATURDAY MAY 10


LUNCH

Salmon with soy sauce and tricolor spaghetti

DINNER

Chicken fillet with mustard sauce

-or-

 Local pasta skioufikta with fresh tomato sauce & vegetables

-or-

 Stuffed tomatoes with rice and herbs

DAY 4

SUNDAY MAY 11

LUNCH

Roasted lamb in the oven with potatoes

DINNER

Meat balls with tomato sauce

-or-

-or-

 Eggplant in the oven with tomato sauce & cheese

 Chestnut and mushroom stew

DAY 5

MONDAY MAY 12

LUNCH

Bacon and mushroom risotto

DINNER AT LITHOS RESTAURANT

-or-

 Vegetable risotto

DAY 6

TUESDAY MAY 13

LUNCH

 Greek style ratatouille

DINNER

 Traditional patty with potato & pumpkin without leaf