



AISZ LUNCH MENU August 19th – August 23rd

August 19- 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	NEW FAMILY ORIENTATION- NO LUNCH	Vegetables Soup Grilled Chicken Fillet Cous Cous & Ratatouille (638 Kcal) Salad Bar Fruit Yoghurt	Beef Soup Turkey Patties Spinach & Mashed Potatoes (850 Kcal) Salad Bar Fruit Salad	Chicken Soup Roasted Chicken Pasta Tatters (682 Kcal) Salad Bar Chocolate Cake	Tomato Soup Fried Hake Steak Swiss Chard & Potatoes (787 Kcal) Salad Bar Fruit
Meal 1		VEGE Lentil & Tuna Salad (448 Kcal) Salad Bar	VEGE Fried Eggs Spinach & Mashed Potatoes (635 Kcal) Salad Bar	VEGE Barley & Kale Stew (232 Kcal) Salad Bar	Grilled Pork Steak Baked Beans (924 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU August 26th – August 30th

August 26 - 30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Cauliflower Soup Chicken Paprikash Polenta (973 Kcal) Salad Bar Fruit	Chicken Soup Zucchini & Beef Mousaka (951 Kcal) Salad Bar Fruit Yoghurt	Beef Soup Stuffed Peppers(Pork) Mashed Potatoes (670 Kcal) Salad Bar Fruit Salad	Zucchini Soup Spaghetti Bolognese(Beef) (1051 Kcal) Salad Bar Plum Crumble	Fish Soup Seafood Risotto (467 Kcal) Salad Bar Fruit
Meal 1	VEGE Vegetables Risotto (658 Kcal) Salad Bar	VEGE Zucchini & Fresh Cheese Strudel (615 Kcal) Salad Bar	VEGE Indian curry with vegetables Rice (412 Kcal) Salad Bar	VEGE Spaghetti & Vegetables In Tomato Sauce (350 Kcal) Salad Bar	VEGE Falafel Yoghurt & Mint Sauce (629 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU September 2nd – September 6th

September 2- 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Carrot Soup Grilled Pork & Cabbage with tomato (758 Kcal) Salad Bar Fruit	Chicken Soup Irish Stew (Lamb & Beef) (834 Kcal) Salad Bar Fruit Yoghurt	Minestrone Soup Curry Chicken Basmati Rice (614 Kcal) Salad Bar Fruit Salad	Fish Soup Beef & Vegetables Goulash Semmelknoedel (723 Kcal) Salad Bar Apple Strudel	Cream Vegetables Soup Fried Shark Steak Swiss Chard & Potatoes (991 Kcal) Salad Bar Fruit
Meal 1	VEGE Macaroni & Cheese (549 Kcal) Salad Bar	VEGE Pasta & Cabbage Grilled Cheese (410 Kcal) Salad Bar	VEGE Grilled Vegetables & Pasta (580 Kcal) Salad Bar	VEGE Vegetables Wok Noodles (751 Kcal) Salad Bar	VEGE Gnocchi a la Sorrentina (Gnocchi with Tomato Sauce & Mozzarella) (903 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
Green salad with seafood,
Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU September 9th – September 13th

September 9 - 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup Italian Style Meatballs (Beef) Tomato Sauce Spaghetti (724 Kcal) Salad Bar Cheese Pie	Cauliflower Soup Hot Chicken Wings Roasted Potatoes & Vegetables (891 Kcal) Salad Bar Fruit	Pea Soup Chicken & Vegetables Tortillas Cottage Cheese & Yoghurt Sauce (888 Kcal) Salad Bar Apple pie	Leek & Mushrooms Soup "Wiener Schnitzel" (Fried Pork Steak) Pea & Carrot & Rice (1082 Kcal) Salad Bar Fruit Salad	Red Lentil Soup Grilled Squids Potatoes Salad (438 Kcal) Salad Bar Fruit
Meal 1	VEGE Buckwheat & Mushrooms & Vegetables Salad (465 Kcal) Salad Bar	VEGE Grilled Vegetables & Brown Rice Salad (525 Kcal) Salad Bar	Hungarian Goulash (Pork) (756 Kcal) Salad Bar	VEGE Gnocchi & "Sataraš" (pepers & tomato) (372 Kcal) Salad Bar	VEGE Zucchini & Cheese Quiche (980 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese