



AISZ LUNCH MENU March 2 – March 6

March 2 - 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Pumpkin Soup Roasted Pork Potatoes & Vegetables Salad Bar (626 Kcal) Fruit Salad	Carrot Soup Spaghetti Bolognese (Beef) (1051 Kcal) Salad Bar Fruit Yoghurt	Beef Soup & Semolina Dumplings Beef "Pasticada" Polenta /Gnocchi (623 Kcal) Salad Bar Fruit	Cream Vegetables Soup Fried Chicken Thighs & Drumsticks Vegetable Risotto (963 Kcal) Salad Bar Chocolate Cake	Minestrone Soup Fish Burger French Fries (836 Kcal) Salad Bar Fruit
Meal 1	VEGE Chickpeas & Vegetable Patties Coleslaw Salad (801 Kcal) Salad Bar	VEGE Fried Mushrooms & Tartar Sauce Risotto (724 Kcal) Salad Bar	VEGE Pasta & Spinach Sauce (615 Kcal) Salad Bar	VEGE Vegetable Lasagna (610 Kcal) Salad Bar	VEGE Vegetarian Risotto (471 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 March 9 – March 13



March 9 - 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup Chicken Curry Basmati Rice (614 Kcal) Salad Bar Fruit	Mixed 5 Cereals Soup Grilled Sausage (Veal) Roasted Potatoes & Vegetables (891 Kcal) Salad Bar Fruit Yoghurt	Mushroom Soup Beef Sote Stroganoff Mashed Potatoes (825 Kcal) Salad Bar Fruit Salad	Zucchini Soup Grilled Turkey Fillet Pasta & Mushroom Sauce (791 Kcal) Salad Bar Fruit Cake	Fish Soup Grilled Squid Swiss Chard & Potatoes (838 Kcal) Salad Bar Fruit
Meal 1	VEGE Risotto with Peppers, Spinach & Feta Cheese (458 Kcal) Salad Bar	VEGE Bulgur, Chickpeas & Vegetables (563 Kcal) Salad Bar	VEGE Tempeh & Vegetables Risotto (324 Kcal) Salad Bar	VEGE Amaranth with Mushrooms (395 Kcal) Salad Bar	VEGE Gnocchi a la Sorentina (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 March 16 – March 20

March 16 - 20	MONDAY	 TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup Tandoori Chicken, Green Peas & Rice (891 Kcal) Salad Bar Fruit	ST. PATRICK'S DAY Irish Potato Soup Irish Stew (Lamb & Beef) (824 Kcal) Salad Bar Apple Tart	Pea Soup BBQ Pork Ribs Roasted Potatoes & Vegetables (902 Kcal) Salad Bar Fruit Yoghurt	Zucchini Soup Crispy Turkey Fillet (Sesame & Flax Seeds) Gratinated Potatoes (938 Kcal) Salad Bar Fruit Salad	Leek Soup Fried Hake Potatoes Salad (787 Kcal) Salad Bar Fruit
Meal 1	VEGE Tempeh & Vegetables Risotto (324 Kcal) Salad Bar	 VEGE Colcannon (Potato & Kale) (434 Kcal) Salad Bar	VEGE Black Lentil Curry Basmati Rice (544 Kcal) Salad Bar	VEGE Pasta with Green Peas & Gorgonzola sauce (548 Kcal) Salad Bar	VEGE Tortellini with Cheese/ Mushrooms Sauce (927 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 March 23 – March 27

March 23 - 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup Grilled Turkey Filet Ratatouille & Rice (967 Kcal) Salad Bar Fruit	Beef Soup Beef, Vegetables & Potato Goulash (623 Kcal) Salad Bar Fruit Yoghurt	Broccoli Soup Meatballs (Beef) & Tomato Sauce Mashed Potatoes (724 Kcal) Salad Bar Upside-down Pineapple Cake	Chicken Soup Chicken Burger (1006 Kcal) Salad Bar Fruit Salad	Tomato Soup Squid Risotto (538 Kcal) Salad Bar Fruit
Meal 1	VEGE Rice Noodles & Vegetables (with Ghee Butter) (323 Kcal) Salad Bar	VEGE Azuki Beans & Lentil Stew (213 Kcal) Salad Bar	VEGE Chickpeas & Pumpkin Stew (232 Kcal) Salad Bar	VEGE Shiitake Mushrooms & Cauliflower Risotto (531 Kcal) Salad Bar	VEGE Falafel, Tabbouleh Salad Yoghurt & Lemon Sauce (407 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

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