

AISZ LUNCH MENU

September 27th – October 1st

*Vašoj mašti
dajemo okus!*



Week A

September 27 – October 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Fillet Rice and Green Peas 960 kcal	Sauteed Turkey Fillet with Vegetables (Carrot, Corn, Onion, Broccoli, Cauliflower) and Pasta 890 kcal	Ground Beef Tortillas & Vegetables (Beans, Corn, Onion, Green Peas, Avocado) and Cheese 880 kcal	Crispy Fried Pork Chops with Sauteed Cabbage and Pasta 1150 kcal	Fried Sole Fish Fillet Swiss Chard and Potatoes 980 kcal
Main Course Vege	Mushrooms and Barley Ragout with Polenta 790 kcal	Veggie Lasagne (Carrot, Corn, Onion, Broccoli, Cauliflower) 870 kcal	Stir Fried Rice with Vegetables (Carrot, Celery, leek, Cabbage, Mushrooms), 720 kcal	Gnocchi with Cheese 910 kcal	Veggie Gyros in Pita Bread (Grilled Zucchini, Eggplant, Onion, Pepper) 780 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Carrot Cake	Fruit Yoghurt	Choco Muffin	Fruit

Weekly Choice of Salads

Caesar Salad (Variety of Lettuce, Grilled Chicken Fillet, Bacon, Croutons, Eggs, Caesar Dressing)
 Royal Salad (Variety of Lettuce, Grilled Chicken Fillet, Vegetables & Mushrooms, Dressing of Choice)
 Greek Salad (Vegetables, Olives, Feta Cheese, Olive Oil & Vinegar Dressing)
 Tuna Salad (Pasta, Fresh Vegetables, Tuna, Olive Oil, Lemon, Mayonnaise, Ketchup)

Weekly Choice of Sandwiches

Club Sandwich (Toast, Ham, Bacon, Eggs, Lettuce, Tomato,)
 Veggie Sandwich (Wholegrain Toast, Hummus, Grilled and Marinated Vegetables, Baby Spinach)
 Breakfast Sandwich (Bun, Smoked turkey ham, Eggs, Lettuce, Tomato, Cheese, Mayonnaise)
 Tuna Sandwich (Bun, Tuna, Fresh Vegetables, Olive Oil, Lemon, Mayonnaise, Ketchup)

Salad Dressings:

Thousand Island: Mustard, Egg Yolks, Balsamic Vinegar, Pumpkin Oil, Spices
 Yogurt Dressing: Yogurt, Lemon, Spices
 Balsamic Vinegar & Honey: Balsamic Vinegar, Egg Yolks, Honey, Oil, Spices