

## AISZ LUNCH MENU

### November 29<sup>th</sup> – December 3<sup>d</sup>

#### Week A

November 29 - December 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Fried Chicken Fillet Sautéed Green Beans & Potatoes 850 kcal	Beef & Vegetables Tortilla (Beef, Pinto Beans, Corn, Onion, Avocado, Cheese) 790 kcal	Turkey Skewers Dill & Mayo Potato Salad 690 kcal	Beef and Vegetables Stew "Maneštra" (Pinto Beans, Corn, Chickpeas) 490 kcal	Asian Pork Pot Roast (Soy Sauce, Anise, Cloves) Basmati Rice 720 kcal
<b>Main Course Vege</b>	Mushrooms & Barley Ragout Creamy Polenta 510 kcal	Soy and Vegetables Kebab (Zucchini, Peppers, Onions) Quinoa and Kale Pilaf 550 kcal	Vegetable Lasagne (Pumpkin, Lentil & Spinach) 650 kcal	Haloumi Cheese and Corn Fritters Avocado & Lime Dip 640 kcal	Gratinated Gnocchi with Cheese and Pumpkin 790 kcal
<b>Salad</b>	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
<b>Dessert</b>	Fruit Salad	Choco Muffin	Fruit Yoghurt	Carrot Cake	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)

#### Weekly Choice of Sandwiches

Grilled Chicken Sandwich (Bun, Grilled Chicken Fillet, Mayonnaise, Tomato)  
 Fried Chicken sandwich (Bun, Fried Chicken Fillet, Mayonnaise, Lettuce)  
 Vegan 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)

#### Salad Dressings:

Yogurt Dressing: Yogurt, Lemon, Spices  
 Balsamic Vinegar & Honey: Balsamic Vinegar, Mustard, Honey, Oil, Spices