

AISZ LUNCH MENU

December 6th – December 10th

Week B

December 6 - 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Lasagne Turkey & Vegetables (Green Peas, Carrot, Corn) 780 kcal	Spaghetti Carbonara (Smoked Bacon, Cream) 840 kcal	Chicken "Caprese" (Chicken Fillet, Tomato, Mozzarella, Basil) French Fries 790 kcal	"Sarma" (Sauerkraut Beef, Pork, Smoked Bacon) Mashed Potatoes 780 kcal	Fish Burgers (Hake) Steamed Kale and Potatoes Coleslaw 690 kcal
Main Course Vege	Stuffed Tomatoes with Garlic Sauce (Quinoa, Green Peas, Corn) Sweet Potato Puree 450 kcal	Vegetable Curry (Chickpeas, Pumpkin, Pinto Beans, Cauliflower) Basmati Rice 590 kcal	Zucchini & Soy Fritters Couscous Cauliflower Puree 620 kcal	Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate), Yoghurt Dressing and Grated Cheese 490 kcal	Vege Ragout (Carrot, Sweet Potato, Tofu, Chickpeas) Mashed Potatoes 610 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Pudding	Apricot Cake	Fruit	Cocoa 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