



AISZ LUNCH MENU

December 13th – December 17th

Week A

December 13 - 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	 FRIDAY
Main Course	Turkey Stroganoff (Turkey Fillet, Pickles, Mushrooms) Butter Rice 790 kcal	“Kafta” & Avocado Dip (Ground Beef, Onion, Garlic, Parsley) French Fries 720 kcal	Chicken Cordon Bleu Orzotto with Carrot and Green Peas 790 kcal	Szekely Goulash (Sauerkraut, Pork) Polenta 640 kcal	EARLY DISMISSAL WINTER BREAK 
Main Course Vege	Homemade „Štrukli“ (Cottage Cheese Strudel with Cream) 630 kcal	Quinoa and Black Bean Patties Coleslaw with Chilli Mayo 690 kcal	Lentil, Soy and Potato Stew 430 kcal	Cauliflower Steak (Grilled Cauliflower) with Hummus Pasta Alfredo 740 kcal	
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	
Dessert	Fruit	Coconut Cake	Fruit Salad	Lemon Cake	

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