

AISZ LUNCH MENU

January 10th – January 14th

Week B

January 10 - 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef, Kale and Potato Stew 490 kcal	BBQ Chicken Wings French Fries 790 kcal	Meat Balls (Beef) Tomato Sauce Mashed Potatoes 720 kcal	Spaghetti Carbonara (Smoked Ham, Cream, Eggs) 840 kcal	Fried Hake Fillet Swiss Chard & Potatoes 790 kcal
Main Course Vege	Fried Savoury Pancakes (Cottage Cheese, Spinach, Smoked Tofu) 690 kcal	Vegetables and Tofu Curry (Celery, Carrot, Leek, Cabbage, Onion, Mushrooms) Basmati Rice 570 kcal	Falafel, Cous Cous with Vegetables (Zucchini, Peppers, Mushrooms, Carrots), Yoghurt & Dill Dressing 680 kcal	Veggie & Soy Lasagne (Carrot, Corn, Onion, Broccoli) 740 kcal	Veggie Gyros in Pita Bread (Grilled Zucchini, Eggplant, Onion, Pepper, Feta Cheese) 780 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Choco Muffin	Fruit Yoghurt	Apple 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