

AISZ LUNCH MENU

January 17th – January 21st

Week A

January 17 - 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Spaghetti Bolognese (Beef) 870 kcal	Sarma (Beef, Pork, Bacon) Mashed Potatoes 780 kcal	Chicken Cordon Bleu Green Beans with Potatoes 790 kcal	Roasted Turkey Fillet Mashed Potatoes & Gravy Sweet Corn 620 kcal	Fish (Hake) Burgers French Fries, Ketchup 730 kcal
Main Course Vege	Soy Medallions in Gravy, Steamed Vegetables (Carrot, Cauliflower, Broccoli, Potatoes) 650 kcal	Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate), Yoghurt Dressing and Grated Cheese 490 kcal	Creamy Pumpkin Mac'n'Cheese 820 kcal	Lentil, Soy and Potato Stew 430 kcal	Vege Burritos (Chickpeas, Beans, Onion, Pepper, Cheese) Mexican Rice 680 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Pudding	Vanilla and Berries Muffin	Fruit	Apricot 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