

## AISZ LUNCH MENU

### January 24<sup>th</sup> – January 28<sup>th</sup>

### Week B

January 24 - 28	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Turkey & Vegetables Coconut Curry (Green Beans, Carrot, Celery, Garlic, Ginger) Basmati Rice 590 kcal	Marinated Chicken and Vegetable Skewers (Pepper, Zucchini) Roasted Potatoes Coleslaw 680 kcal	Beef and Vegetables Burrito (Beans, Corn, Onion, Pepper) Grated Cheese Sour Cream & Garlic Dip 740 kcal	Lentil Stew with Homemade Pork Sausage 510 kcal	Fried Chicken Fillet & Grilled Vegetables (Zucchini, Eggplant, Onion) Chilly Mayo Potato Salad 790 kcal
<b>Main Course Vege</b>	Eggplant and Soy Moussaka 590 kcal	Vegetable Ragout with Cheesy Bulgur 570 kcal	Fried Soy Nuggets Sweet Corn Puree Sour Cream Sauce 710 kcal	Soy & Vegetable Kebab Quinoa and Kale Pilaf 550 kcal	Cottage Cheese & Cream Pie 740 kcal
<b>Salad</b>	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
<b>Dessert</b>	Fruit	Cocoa Cake	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