

AISZ LUNCH MENU

April 25th – April 29th

Week B

April 25 - 29	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Teriyaki Chicken Wings Green Peas Risotto 620 kcal	Beef Bourguignon (Carrots, Pearl Onions, Mushrooms) Homemade Gnocchi 830 kcal	Asian Pork Wok & Crunchy Vegetables (Carrot, Peppers, Zucchini) Basmati Rice 700 kcal	Grilled Chicken Fillet Roasted Potatoes 620 kcal	Fried Fish Fingers Swiss Chard and Boiled Potatoes 830 kcal
Main Course Vege	Fried Soy Nuggets Sweet Corn Puree Sour Cream Sauce 710 kcal	Brussels Sprouts and Tofu Stew with Potatoes 470 kcal	Eggplant and Zucchini Moussaka (Onion, Garlic, Tomato Sauce) 510 kcal	Vege Wok & Smoked Tofu Rice Noodles 570 kcal	Spinach & Mushroom Lasagne (Tomato Sauce, Soy Milk, Bechamel) 540 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Marble Cake with Choco Mousse	Fruit	Lemon Cake	Fruit Salad

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