

## AISZ LUNCH MENU

### May 2<sup>nd</sup> – May 6<sup>th</sup>

#### Week A

May 2 - 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Meat Balls (Beef) & Tomato Sauce Mashed Potatoes 720 kcal	Fried Chicken Fillet Green Peas Risotto 820 kcal	Pork Chops Roasted Potatoes & Vegetables (Onion, Carrot, Zucchini) 880 kcal	Slow Roasted Turkey Fillet Mashed Sweet Potatoes 620 kcal	Beef, Kale & Potato Stew 510 kcal
<b>Main Course Vege</b>	Homemade "Štrukli" with Cottage Cheese and Cream 780 kcal	Quinoa & Black Bean Patties Creamy Potato Salad (Homemade Dill Dressing) 520 kcal	Orzotto with Mushrooms (Champignon, Chanterelle) 670 kcal	Kale Stew (Carrot, Potatoes) Cauliflower Patties (Cauliflower, Wheat, Oat, Onion) 680 kcal	Tofu Katsu Curry (Coconut and Soy Milk) Jasmine Rice 570 kcal
<b>Salad</b>	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
<b>Dessert</b>	Fruit	Apple Crumble	Fruit Yogurt	Carrot 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