

AISZ LUNCH MENU

May 9th – May 13th

Week B

May 9 - 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Skewers French Fries Coleslaw Salad 780 kcal	Beef, Vegetables & Potato Goulash (Onion, Carrot, Celery, Potatoes) 560 kcal	Slow Roasted Pork Collar Mashed Potatoes 720 kcal	Veal & Vegetables Risotto (Onion, Carrots and Asparagus) 500 kcal	Fried Fish Fingers Creamy Potato Salad (Potatoes, Spring Onions, Homemade Dressing) 670 kcal
Main Course Vege	Fried Savoury Pancakes (Cottage Cheese, Spinach, Smoked Tofu) 690 kcal	Vege Moussaka (Sweet Potato, Onion, Carrots, Green Beans) 600 kcal	Creamy Broccoli Mac'n'Cheese 820 kcal	Falafel Bowl, Humus Grilled Vegetables (Zucchini, Eggplant, Peppers, Mushrooms) 470 kcal	Veggie Quiche (Cheese, Leek, Carrot) 570 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Lemon Cake	Fruit Yoghurt	Cheese Pie	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