

AISZ LUNCH MENU
May 16th – May 20th
Week A

May 16 - 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Teriyaki Chicken Wings French Fries 770 kcal	Puled Beef Burritos (Beans, Onion, Sweetcorn) Spicy Rice 780 kcal	Pork Wok with Seasonal Vegetables (Zucchini, Spring Onions, Carrot) Noodles 620 kcal	Marinated Chicken & Vegetable Skewers (Pepper, Zucchini) Hummus 680 kcal	Spaghetti Carbonara (Smoked Ham, Cream, Eggs) 820 kcal
Main Course Vege	Vegetable Lasagne (Seitan & Seasonal Mushrooms) 620 kcal	Homemade Gnocchi Baby Spinach & Gorgonzola Sauce 720 kcal	Vege Ragout (Carrot, Sweet Potato, Tofu, Chickpeas) Green Peas Pure 570 kcal	Chickpea & Vegetable Nuggets Creamy Waldorf Salad 520 kcal	Beetroot Risotto & Cottage Cheese 540 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Red Berries Cake	Fruit Yoghurt	Apple Strudel	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