

AISZ LUNCH MENU

May 23^d – May 27th

Week B

May 23 - 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Cordon Blue (Turkey Ham, Cheese) Roasted Potatoes 820 kcal	Pork Tenderloin Potato Croquettes Mushrooms Sauce 850 kcal	Paella (Mussels, Chicken, Smoked Peppers) 690 kcal	Beef Brasato Homemade Gnocchi 750 kcal	Fish'n'Chips (Hake Fillet, Sprat Fish) Swiss Chard 830 kcal
Main Course Vege	Käsespätzle German Cheese Spaetzle 780 kcal	Oatmeal Pancakes Seasonal Vegetables (Broccoli, Celery, Green Peas) & Fresh Cheese BBQ Sauce 780 kcal	Brussels Sprouts, Tofu & Potato Stew 470 kcal	Ratatouille & Spaghetti (Zucchini, Eggplant, Garlic, Tomato, Peppers) Grana Padano 570 kcal	Gratinated Zucchini (Broccoli, Cauliflower, Carrot, Cheese) Mushrooms Sauce 670 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Upside Down Pineapple Cake	Fruit Yoghurt	Strawberry 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