

AISZ LUNCH MENU

June 6th – June 10th

Week B

June 6 – 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Meat Balls (Beef) & Tomato Sauce Mashed Potatoes 720 kcal	Veal & Vegetables Ragout (Carrot, Celery, Onion) Creamy Polenta 680 kcal	Chicken Nuggets Creamy Waldorf Salad (Celery, Apple) French Fries 790 kcal	Slow Roasted Pork Loin Grill Zucchini & Sweetcorn Puree 720 kcal	Fried Hake Fillet Swiss Chard & Potatoes 830 kcal
Main Course Vege	Vegetarian Spinach and Mushroom Lasagne (Tomato Sauce, Soy Milk Béchamel Sauce) 540 kcal	Vegan Souvlaki Tofu Skewers Green Peas Puree & Couscous 600 kcal	Leek & Soy Stew with Potatoes 500 kcal	Quinoa & Black Bean Patties Creamy Potato Salad (Homemade Dressing with Dill) 720 kcal	Eggplant Parmigiana with Tomato Sauce 640 kcal
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Dessert	Fruit	Marble Cake with Choco Mousse	Fruit Salad	Red Berries Cake	Fruit Yoghurt

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