

AISZ LUNCH MENU

September 5th – September 9th

September 5 - 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Skewers French Fries Coleslaw Salad 780 kcal	Pork "Paprikash" (Stew) (Onion, Celery, Tomato Puree) Potato Croquettes 567 kcal	Fried Chicken Fillet Green Peas Risotto 820 kcal	Beef & Vegetables Goulash (Potatoes, Onion, Carrot, Celery) 560 kcal	Fried Fish Fingers Creamy Potato Salad (Spring Onions, Homemade Dressing) 670 kcal
Main Course Vege	Vege Moussaka (Sweet Potato, Onion, Carrots, Green Beans) 600 kcal	Veggie Quiche (Cheese, Pumpkin, Carrot) 570 kcal	Gratinated Stuffed Zucchini (Broccoli, Cauliflower, Carrot, Cheese) 540 kcal	Creamy Broccoli Mac'n'Cheese 820 kcal	Kale Stew (Carrot, Potatoes) Cauliflower Patties (Wheat, Oat, Onion) 680 kcal
Dessert	Fresh Fruit	Poppy Seed Cake	Seasonal Fruit Salad (Pineapple, Peach, Grapes, Orange, Pear)	"Kremšnita" Custard Cream Cake	Fruit Yoghurt
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas)/Creamy Pumpkin Soup & Crunchy Seeds 100 kcal/260 kcal				
Composed Salad & Bruschetta	Burrata & Cherry Tomatoes with Basil Pesto (Grana Padano, Basil, Garlic, Olive Oil) and Bruschetta 470 kcal				
Chef's Choice	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal	Gratin Piadina with Grilled Turkey Breast & Vegetables (Zucchini, Peppers, Sweetcorn) 620 kcal	Chilli Con Carne Tortilla Mexican Rice 590 kcal	Chicken Nuggets French Fries Waldorf Salad 670 kcal	Beef Burger (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) Sweet Potato Chips 740 kcal

- All Main Course meals includes salad and bread