

AISZ LUNCH MENU

September 26th – September 30th

September 26 th – 30 th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Teriyaki Chicken Wings Baked Potatoes 770 kcal	Tagliatelle Carbonara (Smoked Ham, Cream, Eggs) 820 kcal	Puled Beef Burritos (Beans, Onion, Sweetcorn) Spicy Rice 780 kcal	Chicken Cordon Blue (Turkey Ham, Cheese) French Fries 590 kcal	Fried Squids Baked Potatoes & Seasonal Vegetables (Eggplant, Zucchini, Peppers) 720 kcal
Main Course Vege	Marinated Seitan & Vegetables Skewers (Eggplant, Zucchini, Red Onion) Sweet Corn Puree 670 kcal	Brussels Sprouts, Potatoes & Tofu Stew 470 kcal	Käsespätzle (Grana Padano, Cottage Cheese) 780 kcal	Fried Savoury Pancakes (Cottage Cheese, Spinach, Smoked Tofu) 690 kcal	Vegetable Stew (Green Peas, Carrot) Homemade Dumplings 470 kcal
Dessert	Fresh Fruit	Cheesecake	Seasonal Fruit Salad (Pineapple, Apple, Apricot, Peach, Grapes)	Mud Cake (Chocolate cake)	Fruit Yoghurt
Weekly Soups	Clear Beef Soup/Creamy Carrot Soup 115 kcal/210 kcal				
Composed Salad & Bruschetta	Red Lentil Salad Bowl (Cherry Tomatoes, Cucumbers, Peppers) & Bruschetta with Cream & Cheese 320 kcal				
Chef's Choice	Katsudon (Deep Fried Pork Cutlet, Egg, Tonkatsu Sauce) Jasmin Rice 670 kcal	Pull Pork Sandwich (Cheese, Salad, Tomato, Pickles, Honey Mustard Dip) French Fries 770 kcal	Chicken Pad Tai Rice Noodles 620 kcal	Slow Roasted Pork Neck Sweet Potato Puree Grilled Green Beans 700 kcal	Spaghetti with Seafood in Tomato Sauce 670 kcal

- All Main Course meals includes salad and bread