

AISZ LUNCH MENU

August 29th – September 2nd

August 29 – September 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Asian Pork Wok & Crunchy Vegetables with Rice Noodles (Carrot, Peppers, Zucchini) 700 kcal	Grilled Chicken Fillet with Boiled Vegetables (Carrot, Cauliflower, Broccoli) and Potatoes 630 kcal	Turkey Stroganoff with Rice 820 kcal	Beef Bourguignon and Homemade Gnocchi 830 kcal	Green Beans & Veal Stew with Potatoes 520 kcal
Main Course Vege	Quinoa & Black Bean Patties Coleslaw with Chilli Mayo 690 kcal	Falafel Bowl with Fresh Vegetables and Yoghurt Dressing (Lettuce, Tomato, Cucumber, Pomegranate) 360kcal	Chickpeas and Barley Stew with Sweet potatoes and Carrot 410 kcal	Beetroot Risotto with Goat Cottage Cheese 410 kcal	Vege Ragout and Mashed Potatoes (Carrot, Peas, Tofu) 405 kcal
Dessert	Fresh Fruit	Fruit Cake (Plums, Royal Cream)	Seasonal Fruit Salad (Pineapple, Grapes, Melon, Apple, Lemon)	Chocolate Muffin	Fruit Yoghurt
Weekly Soups	Veal Soup & Noodles/Tomato Soup & Crackers 120 kcal/220 kcal				
Composed Salad & Bruschetta	Asian Chicken Salad (Peppers, Carrot, Cucumbers, Chicken Fillet) & Udon Noodles 270 kcal				
Chef's Choice	Spicy Curry Beef Spring Rolls with Vegetables (Onion, Bamboo, Green Beans) & Jasmin Rice 690 kcal	Meat Balls (Beef) in Tomato Sauce & Green Tagliatelle 720 kcal	Pull Pork Sandwich (Cheese, Salad, Tomato, Pickles, Honey Mustard Dip) & French Fries 820 kcal	Chicken Okonomiyaki (Savoury Pancake, Cabbage, Chicken Fillet, Japanese Mayonnaise) 700 kcal	Vege Empanadas (Pull Dough, Carrot, Onion, Green Peas) & Coleslaw Salad, Dressing 580 kcal

- All Main Course meals includes salad and bread