



AISZ LUNCH MENU January 16th- January 20th

January 16 - 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Pasta "Au Gratin" (Gratinated Pasta, Chicken & Green Peas) Parmesan Cheese 720 kcal	Chicken & Vegetable Risotto (Chicken, Onions, Carrots, Green Peas) 480 kcal	Beef Lasagne (Beef, Onions, Carrots, Celery, Béchamel Sauce, Parmesan Cheese) 683 kcal	Turkey Skewers Baked Potatoes Coleslaw Salad 780 kcal	Fried Fish Fingers Creamy Potato Salad (Potatoes, Spring Onions, Homemade Dressing) 670 kcal
Main Course Vege	Gratinated Stuffed Zucchini (Broccoli, Cauliflower, Carrot, Cheese) 540 kcal	Kale & Vegetable Stew (Kale, Carrots, Potato) Cauliflower Patties (Wheat, Oat, Onion) 680 kcal 680 kcal	Marinated Seitan & Vegetables Skewers (Eggplant, Zucchini, Onion) Sweet Corn Puree 670 kcal	Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate) Yoghurt Dressing Grated Cheese 490 kcal	Käsespätzle (Grana Padano, Cottage Cheese) 780 kcal
Dessert	Fresh Fruit	Poppy Seed Cake	Fruit Salad (Pineapple, Peach, Grapes, Orange, Pear)	"Kremšnita" Vanilla Custard Slice	Fruit Yoghurt
Weekly Soups	Chicken Soup with Dumplings/Creamy Broccoli Soup 220 kcal/350 kcal				
Composed Salad & Bruschetta	Waldorf Chicken Salad & Toasted Bread (Lettuce, Celery, Apples, Grilled Chicken Fillet, Mayonnaise) 420 kcal				
Chef's Choice	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal	Hot Dog (Homemade Sausage, Fried Onions, Cheese, Lettuce, Honey Mustard) French Fries 720 kcal	Roasted Pork Chops, Potatoes & Vegetables (Onion, Carrot, Zucchini) 880 kcal	Slow-Cooked Beef Shoulder Steamed Vegetables (Carrots, Broccoli, Cauliflower) Herbs & Horseradish Sauce 670 kcal	"Coq au Vin" (Chicken, Pork Lardons, Mushrooms) Mashed Potato 670 kcal

