



AISZ LUNCH MENU January 23^d- January 27th

January 23 - 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef & Sweet Potato Moussaka (Beef, Sweet Potato, Onions) 577 kcal	Roasted Turkey Breast Pumpkin Puree & Grilled Green Beans 620 kcal	Marinated Chicken and Vegetable Skewers (Pepper, Zucchini) Roasted Potatoes 680 kcal	Homemade Penne With Veal & Vegetables Ragout (Onions, Carrots) Parmesan Cheese 610 kcal	Fried Squid French Fries Tartar Sauce 720 kcal
Main Course Vege	Forest Mushroom Risotto (Champignons, Onions) Parmesan Cheese 570 kcal	Chickpea & Vegetable Nuggets (Carrot, Celery, Green Peas) Waldorf Salad (Apples, Lettuce, Celery) 520 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrot, Onion) Basmati Rice 590 kcal	Mixed Grains Patties (Lentil, Wheat, Barley, Oat) Kale Stew 640 kcal	Chickpea Meet Balls in Tomato Sauce Spaghetti 420 kcal
Dessert	Fresh Fruit	Plum Crumble	Fruit Salad (Apple, Grapes, Tangerine, Pineapple)	Carrot Cake	Fruit Yoghurt
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas)/Creamy Pumpkin Soup & Crunchy Seeds 100 kcal/260 kcal				
Composed Salad & Bruschetta	Macaroni & Smoked Turkey Salad (Macaroni, Carrots, Smoked Turkey Breast, Onions) Mayo Dressing 520 kcal				
Chef's Choice	Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Basmati Rice 700 kcal	Slow Roasted Chicken Thighs & Drums Homemade "Mlinči" (Pasta Tatters) Crème Fraiche 700 kcal	Beef "Pašticada" (Beef, Bacon, Carrots, Onions, Garlic, Celery, Parsley, Tomato) Gnocchi Grana Padano 710 kcal	Fried Chicken Burger & Potato Chips (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) 740 kcal	Puled Beef Burritos (Beans, Onion, Sweetcorn) Spicy Rice 780 kcal

