



AISZ LUNCH MENU February 27th- March 3^d

February 27 – March 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken “Paprikash” (Stew) (Onion, Celery, Tomato Puree) Potato Croquettes 567 kcal	Asian Pork Bowl & Crunchy Stir Fry Vegetables Rice Noodles (Carrot, Peppers, Zucchini) 700 kcal	Beef & Vegetables Goulash (Onion, Carrot, Celery, Potatoes) 540 kcal	Turkey and Vegetable Risotto (Onion, Carrot and Green Peas) 480 kcal	Fried Fish Fingers Steamed Potatoes with Fresh Herbs 670 kcal
Main Course Vege	Stuffed Zucchini (Grated Potatoes, Tofu, Sour Cream) Couscous Salad 570 kcal	Veggie Quiche (Cheese, Asparagus, Spring Onion) 570 kcal	Vege Okonomiyaki (Savoury Pancake, Cabbage, Seitan, Japanese Mayonnaise) 700 kcal	Lasagne Bolognese (Beef, Carrot, Onions) 683 kcal	Spring Vegetables Stew (Carrot, Potatoes) Cauliflower Patties (Cauliflower, Wheat, Oats Onion) 680 kcal
Dessert	Fresh Fruit	Choco Muffin	Fruit Salad	Apple Crostata	Fruit Yoghurt
Weekly Soups	Chicken & Veal Clear Soup & Dumplings/Creamy Cauliflower Soup & Croutons				
Composed Salad & Bruschetta	Israeli Katzutz Chicken Salad (Chicken Fillet, Peppers)				
Chef’s Choice	Pork Tenderloin Mushrooms Sauce Gnocchi 680 kcal	Lasagne Bolognese (Beef, Carrots, Onions) Grana Padano 683 kcal	Spaghetti Carbonara 820 kcal	Beef Burger (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) French Fries 740 kcal	Chicken Makhana (Butter Chicken) Spicy Jasmin Rice 500 kcal

