



**AISZ LUNCH MENU March 20<sup>th</sup>- March 24<sup>th</sup>**

March 20 - 24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Veal & Vegetables Risotto (Carrots, Parsnips) Parmesan 620 kcal	Chicken & Vegetable Skewers (Onion, Zucchini, Eggplant) Mashed Potatoes 780 kcal	Beef Bourguignon Homemade Potato Croquettes 830 kcal	Spaghetti Bolognese (Beef) 740 kcal	Whitefish "Brudet" (Stew) Creamy Polenta 530 kcal
<b>Main Course Vege</b>	Vegetarian Ramen with Marinated Vegetables (Carrots, Pumpkin, Mushrooms) Chickpea Patties Noodles 540 kcal	Homemade Gnocchi Gorgonzola Sauce 620 kcal	Fried Soya Nuggets Pumpkin Puree Sour Cream Sauce 710 kcal	Vege Ragout (Tofu, Carrots, Sweet Potato, Chickpeas) Homemade Pasta 570 kcal	Asparagus Risotto Parmesan Cheese 470 kcal
<b>Dessert</b>	Fresh Fruit	Cheesecake	Fruit Salad	Choco Mud Cake	Fruit Yoghurt
<b>Weekly Soups</b>	Beef Soup with Noodles/Tomato Creamy Soup 130/220 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Bruschetta with Burrata Cheese, Cherry Tomatoes & Basil Pesto (Grana Padano, Basil, Garlic, Olive Oil) 470 kcal				
<b>Chef's Choice</b>	Cajun Chicken Lasagne (Tomato Sauce, Cajun Seasoning, Ricotta Cheese) 740 kcal	Gratin Piadina (Flatbread) with Grilled Pork Neck & Vegetables (Zucchini, Peppers, Sweetcorn) 620 kcal	Katsudon (Deep Fried Turkey Cutlet, Egg, Tonkatsu Sauce) Jasmin Rice 670 kcal	Naan (Indian Bread) with Pulled Turkey, Pickled Vegetables, BBQ Sauce, Grated Cheese and French Fries 720 kcal	Chicken Cordon Blue Creamy Potato Salad 770 kcal

