



AISZ LUNCH MENU May 22nd - May 26th

May 22 - 26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken & Vegetable Skewers (Onion, Zucchini, Eggplant) Mashed Potatoes 720 kcal	Cheeseburger (Beef, Pickles, Aurora Lettuce, Tomato) French Fries 740 kcal	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal	Chicken & Vegetables Risotto (Zucchini, Carrots, Onions) Grana Padano Cheese 620 kcal	Tuna and Tomato Ragu Homemade Macaroni 690 kcal
Main Course Vege	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrot, Onion) Basmati Rice 590 kcal	Gratinated Stuffed Zucchini (Broccoli, Cauliflower, Carrot, Cheese) 540 kcal	Quinoa & Black Bean Patties Creamy Potato Salad (Homemade Dressing, Fresh Dill) 720kcal	Vege Quiche (Cheese, Pumpkin, Carrot) 570 kcal	Vege Tortilla (Chickpeas, Beans, Onion, Peppers) 490 kcal
Dessert	Fresh Fruit	Apple Pie	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Cheesecake	Fruit Yoghurt
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 100 kcal/Creamy Asparagus Soup & Crunchy Seeds 260 kcal				
Composed Salad & Bruschetta	Masala Lentil Salad (Cumin Roasted Carrot, Lettuce, Red Onion) with Grilled Paneer Cheese & Naan 320 kcal				
Chef's Choice	Meat Balls (Beef) Tomato Sauce Spaghetti 720 kcal	Cajun Chicken Lasagne (Tomato Sauce, Cajun Seasoning, Ricotta Cheese) 740 kcal	Fried Turkey Fillet Baked Potato 730 kcal	Pasta "Au Gratin" (Gratinated Pasta, Veal & Mushrooms) Parmesan Cheese 720 kcal	Gratin Piadina with Grilled Turkey Breast & Vegetables (Zucchini, Peppers, Sweetcorn) 620 kcal

