



**AISZ LUNCH MENU June 5<sup>th</sup>- June 9<sup>th</sup>**

June 5 - 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Tandoori Chicken Spicy Jasmin Rice 540 kcal	Beef Brasato Homemade Gnocchi 750 kcal	Turkey & Vegetables Kebab (Onion, Zucchini, Eggplant), Fattoush Salad & Couscous 570 kcal	<b>CORPUS CHRISTI</b>	Tomato Seafood Risotto 620 kcal
<b>Main Course Vege</b>	Stuffed Meatloaf (Beef, Cheese, Eggs) Baked Potatoes 710 kcal	Vege Ragout (Carrot, Sweet Potato, Tofu, Chickpeas) Homemade Pasta 570 kcal	Vegetable Stew (Green Peas, Carrot) Homemade Dumplings 470 kcal		Stuffed Tomato (Grated Potatoes, Tofu & Cheese) Quinoa 640 kcal
<b>Dessert</b>	Fresh Fruit	Yogurt Cake with Cherries	Fruit Salad (Apple, Grapes, Tangerine, Pineapple)		Fruit Yoghurt
<b>Weekly Soups</b>	Clear Beef Soup and Noodles 215 kcal/Creamy Carrot Soup 210 kcal				Clear Beef Soup and Noodles 215 kcal/Creamy Carrot Soup 210 kcal
<b>Composed Salad &amp; Bruschetta</b>	Falafel Bowl with Fresh Vegetables and Yoghurt Dressing (Lettuce, Tomato, Cucumber, Pomegranate) 360kcal				Falafel Bowl Fresh Vegetables & Yoghurt Dressing (Lettuce, Tomato, Cucumber, Pomegranate) 360kcal
<b>Chef's Choice</b>	Tagliatelle Carbonara (Smoked Ham, Cream, Eggs) 820 kcal	Chicken Cordon Blue (Turkey Ham, Cheese) French Fries 590 kcal	Veal & Vegetables Ragout (Onions, Carrots) Homemade Penne Parmesan Cheese 610 kcal		Stuffed Meatloaf (Beef, Cheese, Eggs) Baked Potatoes 710 kcal

