



AISZ LUNCH MENU September 18th- September 22nd

September 18 - 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Slow Roasted Pork Neck Mashed Potatoes 720 kcal	Beef & Sweet Potato Moussaka 577 kcal	Chicken Stroganoff (Champignon, Red Paper, Pickles) Homemade Spätzle 670 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal	Fried Chicken Fillet Gratinated Potatoes 670 kcal
Main Course Vege	Homemade Gnocchi Gorgonzola & Baby Spinach Sauce 720 kcal	Vege Ragout (Carrot, Tofu, Sweet Potato, Chickpeas) Green Peas Pure 570 kcal	Chickpea & Vegetable Nuggets (Carrot, Celery, Green Peas) Waldorf Salad 520 kcal	Eggplant & Zucchini Moussaka (Onion, Garlic, Tomato Sauce) 510 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Couscous Salad 570 kcal
Dessert	Fresh Fruit	Lemon Tart	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Pumpkin Pie	Fruit Yoghurt
Weekly Soups	Miso Soup with Tofu & Cabbage/Green Peas & Potato Soup & Cottage Cheese 110 kcal/220 kcal				
Composed Salad & Bruschetta	Masala Lentil Salad (Cumin Roasted Carrot, Lettuce, Red Onion) Grilled Paneer Cheese & Naan 320 kcal				
Chef's Choice	Cheeseburger (Beef, Pickles, Salad, Aurora, Tomato) French Fries 740 kcal	Chicken Empanadas (Onion, Chicken Breast, Carrot) Coleslaw Salad 690 kcal	Beef "Pašticada" (Beef, Bacon, Carrots, Onions, Garlic, Celery, Parsley, Tomato) Gnocchi Grana Padano 710 kcal	Tandoori Chicken Spicy Rice 540 kcal	Ramen (Japanese meat-based broth, Soya Sauce, Miso, Mushrooms, Egg, Pork Belly) Noodles 650 kcal

