



AISZ LUNCH MENU October 23rd- October 27th

October 23 - 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Fillets Green Peas Risotto 590 kcal	Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Basmati Rice 700 kcal	Beef, Vegetables & Potato Goulash (Onion, Carrot, Celery) 540 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 670 kcal	Fried Squid French Fries Tartar Sauce 720 kcal
Main Course Vege	Vege & Soy Medallion Goulash (Kale, Chickpeas, Carrots) 420 kcal	Spinach & Mushroom Lasagne (Tomato Sauce, Soy Milk Béchamel) 550 kcal	Vegetables Orzotto with Cottage Cheese (Zucchini, Asparagus, Swiss Chard) 520 kcal	Pumpkin Gnocchi Gorgonzola & Cheese Sauce 620 kcal	Vege Tortilla (Chickpeas, Beans, Onion, Peppers) 490 kcal
Dessert	Fresh Fruit	Cherry Pie	Fruit Yoghurt	Yogurt Parfait	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)
Weekly Soups	Chicken Soup with Dumplings 250 kcal / Veal Soup with Noodles 400 kcal				
Composed Salad & Bruschetta	Baked Beetroot Salad, Baby Spinach Bruschetta with Cheese and Cream 400 kcal				
Chef's Choice	Chilli Con Carne Wrap Mexican Grilled Vegetables (Peppers, Beans, Sweet Corn) 690 kcal	Beef Cheeks Brasato Creamy Polenta Vegetables (Carrots, Celery, Onion) 740 kcal	Fried Chicken Burger & French Fries (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) 740 kcal	Asian Chicken Bowl (Peppers, Carrots, Cucumbers, Chicken Fillet) Udon Noodles 270 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraîche 740 kcal

