



AISZ LUNCH MENU February 12th- February 16th

February 12 - 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Lasagne (Beef, Onions, Carrots, Celery, Béchamel Sauce, Parmesan Cheese) 683 kcal	Fried Chicken Fillet Gratinated Potatoes 670 kcal	Green Beans and Veal Stew with Potatoes, 520 kcal	Chicken, Seasonal Vegetables & Grana Padano Cheese Risotto (Green Peas, Pumpkin) 620 kcal	Fried Fish Sticks Swiss Chard and Potato 830 kcal
Main Course Vege	Marinated Seitan & Veggie Skewers (Peppers, Zucchini) Pumpkin Puree 670 kcal	Brussels Sprouts, Tofu & Potato Stew 470 kcal	Beetroot Risotto with Goat Cottage Cheese 410 kcal	Fried Savoury Pancakes (Cottage Cheese, Spinach, Smoked Tofu) 690 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Bulgur Salad 570 kcal
Dessert	Fresh Fruit	Cherry Pie	Fruit Yogurt	Yogurt Parfait	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi Apple, Pear)
Weekly Soups	Clear Beef Soup and Noodles 215 kcal / Creamy Pumpkin Soup & Crunchy Pumpkin Seeds 260 kcal				
Composed Salad & Bruschetta	Avocado Salmon Salad (Quinoa, Cherry Tomatoes, Onion, Vinaigrette Dressing) Toasted Garlic Bread 250 kcal				
Chef's Choice	Katsudon (Deep Fried Pork Cutlet, Egg, Tonkatsu Sauce) Jasmine Rice 670 kcal	"Sarma" (Ground Beef & Pork, Sauerkraut) Mashed Potatoes (with Crème Fraiche) 740 kcal	Chicken Pad Tai (Carrots, Bell Peppers, Bean Sprouts, Green Onions, Garlic, Cilantro) Rice Noodles 620 kcal	Roasted Turkey Breast Pumpkin Puree Grilled Green Beans 620 kcal	Spaghetti Bolognese (Beef) Parmesan Cheese 740 kcal

