



AISZ LUNCH MENU February 26th- March 1st

February 26 – March 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 820 kcal	“Sekelji” Goulash Pork & Sauerkraut Potatoes 643 Kcal	Turkey & Vegetables Kebab (Onion, Zucchini, Eggplant), Fattoush Salad & Couscous (Tomatoes, Lettuce, Cucumbers, Radishes) 570 kcal	Beef, Vegetables and Potato Goulash (Potatoes, Onion, Carrots, Celery) 540 kcal	Tomato Seafood Risotto 620 kcal
Main Course Vege	Falafel Bowl with Fresh Vegetables (Lettuce, Tomatoes, Cucumbers, Pomegranate) Yoghurt Dressing 360 kcal	Vege Ragout & Homemade Pasta (Carrots, Sweet Potatoes, Tofu, Chickpeas) 570 kcal	Vegetable Stew (Green Peas, Carrots) Homemade Dumplings 470 kcal	Forest Mushroom Risotto, (Mushrooms, Onions) Parmesan Cheese 570 kcal	Chickpeas Meat Balls Tomato Sauce Spaghetti 420 kcal
Dessert	Fresh Fruit	Cheesecake	Fruit Yogurt	Choco Muffin	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 100 kcal /Creamy Green Peas Soup & Crunchy Pumpkin Seeds 260 kcal				
Composed Salad & Bruschetta	Royal Salad (Variety of Lettuce, Fried Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Seeds Crumble) 360 kcal				
Chef’s Choice	Stuffed Meatloaf (Beef, Cheese, Eggs) Baked Potatoes 710 kcal	Veal & Vegetables Ragout (Onions, Carrots) Homemade Penne Parmesan Cheese 610 kcal	Roasted Pork Chops & Potatoes Grilled Eggplant 880 kcal	Cheeseburger (Beef, Pickles, Salad, Aurora Lettuce, Tomato) French Fries 820 kcal	Asian Chicken Bowl (Peppers, Carrots, Cucumbers, Chicken Fillet) Rice Noodles 270 kcal

