



AISZ LUNCH MENU March 4th- March 8th

March 4 - 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Veal & Vegetable Risotto (Onion, Carrots, Green Peas) 480 kcal	Grilled Pork Tenderloin Potato Croquettes Mushrooms Sauce 850 kcal	Kale Stew with Veal 420 kcal	Chicken & Vegetable Skewers (Onion, Zucchini, Eggplant) Mashed Potatoes 820 kcal	Fried Hake Fillet Creamy Potato Salad 830 kcal
Main Course Vege	Vege Moussaka (Carrots, Sweet Potato, Tofu, Chickpeas) 570 kcal	Brussels Sprouts, Tofu & Potato Stew 470 kcal	Cheese Sauce Homemade Gnocchi Grilled Broccoli 910 kcal	Vege Paella (Corn, Beans, Green Peas, Bell Pepper) 680 kcal	Veggie Wok with Smoked Tofu & Seasonal Vegetables (Onion, Zucchini, Peppers, Carrots) 640 kcal
Dessert	Fresh Fruit	Jaffa Cake	Fruit Yogurt	Vanilla Muffin	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)
Weekly Soups	Chicken Soup & Dumplings 120 kcal /Creamy Tomato Soup & Croutons 255 kcal				
Composed Salad & Bruschetta	Red Lentil Salad Bowl (Cherry Tomatoes, Cucumbers, Peppers) & Bruschetta with Cream & Cheese 320 kcal				
Chef's Choice	Slow-Roasted Chicken "Mlinici" Pasta Tatters Sour Cream 760 kcal	Slow-Cooked Beef Shoulder Steamed Vegetables (Carrots, Broccoli, Cauliflower) Herbs & Horseradish Sauce 670 kcal	Slow Roasted Turkey Fillet, Mashed Sweet Potatoes 620 kcal	Lasagne Bolognese (Beef, Onions, Carrots, Celery) Grana Padano 670 kcal	Teriyaki Chicken Thighs & Drums, Baked Potatoes 710 kcal

