



**AISZ LUNCH MENU October 7<sup>th</sup> - October 11<sup>th</sup>**

October 4 - 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Chicken Curry (Chicken Fillet, Onions, Tomatoes, Garlic, Coconut Milk, Garam Masala, Ginger, Turmeric) Basmati Rice 500 kcal	Meat Balls (Beef) Tomato Sauce Spaghetti Parmesan Cheese 650 kcal	Fried Chicken Strips Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal	Turkey & Crunchy Vegetables Wok (Carrots, Bell Peppers, Zucchini, Onions, Garlic) Noodles 700 kcal	Seafood Risotto (Seafood, Onions, Garlic, Parsley) 350 kcal
<b>Main Course Vege</b>	Vege Stew & Grilled Vege Sausage (Cabbage, Carrots, Bell Peppers, Tomato, Onions, Garlic) Mashed Potatoes 680 kcal	Kale & Vegetable Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Béchamel 680 kcal	Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Pasta „Šurlice“ Mushroom Sauce Grilled Tofu 540 kcal
<b>Dessert</b>	Fruit	Chocolate Pudding	Fruit	Fruit Yoghurt	Fruit
<b>Weekly Soups</b>	Chicken Soup with Dumplings 250 kcal / Creamy Pumpkin Soup & Crunchy Seeds 160 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Macaroni & Smoked Turkey Salad (Carrot, Turkey Breast, Onion, Pasta) Mayo Dressing 520 kcal				
<b>Chef's Choice</b>	Lasagne Bolognese (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 880 kcal	Pork Tenderloin Potato Croquettes Mushroom Sauce 850 kcal	Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato sauce) 577 kcal	Katsudon (Deep Fried Pork Cutlets, Eggs, Tonkatsu Sauce) Jasmin Rice 670 kcal	Cheeseburger (Beef, Pickles, Lettuce, Tomato) French fries 740 kcal

