



**AISZ LUNCH MENU November 4<sup>th</sup>- November 8<sup>th</sup>**

November 4 - 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal	Green Beans & Veal Stew with Potatoes (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 520 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal	Fried Hake Fillet Swiss Chard & Potatoes 830 kcal
<b>Main Course Vege</b>	Grilled Tofu & Mediterranean Style Pasta (Bell Peppers, Carrots, Onions, Garlic, Tomatoes) Tagliatelle 405 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onion, Garlic) Basmati Rice 590 kcal	Kale & Vegetable Stew (Kale, Carrots, Potato) Cauliflower Patties (Cauliflower, Wheat, Oat, Onions) 680 kcal	Vege Moussaka (Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal
<b>Dessert</b>	Fresh Fruit	Vanilla Pudding	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fresh Fruit	Fruit Yoghurt
<b>Weekly Soups</b>	Clear Beef Soup and Noodles 215 kcal /Creamy Broccoli Soup 260 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Mexican Salad (Black beans, Sweet Potatoes, Tomatoes, Cottage Cheese), Tortilla Strips, Lime Yogurt Dressing 275 kcal				
<b>Chef's Choice</b>	Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato sauce) 577 kcal	Chicken & Vege Wok (Bell Peppers, Onions, Carrots, Cabbage, Garlic) Noodles 520 kcal	Turkey & Vegetable Skewers (Onion, Zucchini, Bell Peppers) French Fries Coleslaw Salad 780 kcal	Katsudon (Deep Fried Pork Cutlets, Eggs, Tonkatsu Sauce) Jasmin Rice 670 kcal	Teriyaki Chicken Wings Roasted Potatoes 710 kcal

