



AISZ LUNCH MENU December 9th - December 13th

December 9 - 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Main Course	Grilled Chicken Fillet Steamed Vegetables & Potatoes (Carrots, Cauliflower, Broccoli) 630 kcal	Beef & Vegetables Goulash (Potatoes, Onion, Carrot, Celery) 560 kcal	Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal	Chicken Cordon Blue (Cheese, Turkey Ham) Buttered Vegetables (Broccoli, Cauliflower, Carrots, Potatoes) 720	Early Dismissal Winter Break	
Main Course Vege	Vege Paella (Bell Peppers, Carrots, Kidney Beans, Corn, Onion, Garlic) 680 kcal	Fried Zucchini & Eggplant Ratatouille (Bell Peppers, Eggplant, Zucchini, Onions, Garlic, Tomatoes) Mashed Potatoes 710 kcal	Marinated Seitan & Vegetables Skewers (Eggplant, Zucchini, Onion) Sweet Corn Puree 670 kcal	Spinach & Mushroom Lasagne (Tomato Sauce, Soy Milk Béchamel) 550 kcal		
Dessert	Fresh Fruit	Fruit Yoghurt	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Cheese Cake		
Weekly Soups	Creamy Tomato Soup & Croutons 255 kcal / Clear Chicken Soup & Dumplings 115 kcal					
Composed Salad & Bruschetta	Falafel Bowl with Fresh Vegetables and Yoghurt Dressing (Lettuce, Tomato, Cucumber, Pomegranate) 360kcal					
Chef's Choice	Kale Stew & Beef Patties (Kale, Carrots, Celery, Potato, Garlic) (Ground Beef, Onions, Garlic, Parsley) 520 kcal	Teriyaki Chicken Wings French Fries 770 kcal	Green Beans and Veal Stew with Potatoes 520 kcal	"Sarma" (Pork, Beef, Sauerkraut) Mashed Potato 790 kcal		

