



**AISZ LUNCH MENU January 6<sup>th</sup>- January 10<sup>th</sup>**

January 6-10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<b>Winter Break</b>	Beef & Vegetables Goulash (Potatoes, Onions, Carrots, Celery) 560 kcal	Fried Chicken Fillet Vegetable Risotto (Bell Peppers, Onions, Garlic, Tomatoes) 820 kcal	Pork "Paprikash" (Stew) (Onions, Celery, Garlic, Tomato Puree) Potato Croquettes 567 kcal	Fried Hake Fillet Swiss Chard & Potatoes 830 kcal
<b>Main Course Vege</b>		Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Vege Stew & Grilled Vege Sausage (Cabbage, Carrots, Bell Peppers, Tomato, Onions, Garlic) Mashed Potatoes 680 kcal	Vege & Soy Medallion Goulash (Soy Medallions, Kale, Chickpeas, Carrots, Celery, Garlic) 420 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Béchamel 680 kcal
<b>Dessert</b>		Fresh Fruit	Fruit Yoghurt	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Vanilla Pudding
<b>Weekly Soups</b>		Chicken Soup with Dumplings 250 kcal / Creamy Pumpkin Soup & Crunchy Seeds 160 kcal			
<b>Composed Salad &amp; Bruschetta</b>		Salmon Salad & Toasted Garlic Bread (Salmon, Avocado, Cherry Tomatoes, Onions, Quinoa, Vinaigrette Dressing) 250 kcal			
<b>Chef's Choice</b>		Pork & Vegetables Wok (Carrots, Bell Peppers, Onions, Cabbage, Zucchini) Basmati Rice 700 kcal	"Sekelji" Goulash (Pork & Sauerkraut Stew) Potatoes 643 kcal	Roasted Chicken "Mlinci" Pasta Tatters 760 kcal	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 820 kcal

