



**AISZ LUNCH MENU January 13<sup>th</sup>- January 17<sup>th</sup>**

January 13 - 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal	Turkey & Crunchy Vegetables Wok (Carrots, Bell Peppers, Zucchini, Onions, Garlic) Noodles 700 kcal	Green Beans & Veal Stew with Potatoes (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 520 kcal	Meat Balls (Beef) Tomato Sauce Spaghetti 720 kcal	Seafood Risotto (Seafood, onions, Garlic, Parsley) 350 kcal
<b>Main Course Vege</b>	Grilled Tofu & Mediterranean Style Pasta (Bell Peppers, Carrots, Onions, Garlic, Tomatoes) Tagliatelle 405 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal	Vege Moussaka (Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal	Vege Paella (Bell Peppers, Carrots, Kidney Beans, Corn, Onion, Garlic) 680 kcal	Tofu & Vege Ragout (Tofu, Onions, Carrots, Celery, Zucchini, Brussel Sprouts) 360kcal
<b>Dessert</b>	Fresh Fruit	Fruit Yoghurt	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fresh Fruit	Marble Cake
<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	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Béchamel Sauce with Parmesan Cheese 683 kcal	Turkey & Vegetable Skewers (Onion, Zucchini, Bell Peppers) French Fries Coleslaw Salad 780 kcal	Pasta Fagioli (Kidney Beans, Carrots, Celery, Onions, Garlic, Tomato, Ditalini Pasta) Smoked Pork Sausage 525 kcal

