



## AISZ LUNCH MENU April 7<sup>th</sup> - April 11<sup>th</sup>

April 7 - 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Beef & Vegetables Goulash (Potatoes, Onion, Carrot, Celery) 560 kcal	Chicken Curry (Chicken Fillet, Onions, Tomatoes, Garlic, Coconut Milk, Garam Masala, Ginger, Turmeric) Basmati Rice 500 kcal	Roasted Pork Shoulder Mushroom & Plum Sauce (Mushrooms, Plums, Onions, Shallots, Garlic, Parsley) Homemade Gnocchi 680 kcal	Turkey & Crunchy Vegetable Wok (Carrots, Bell Peppers, Onions, Zucchini, Garlic) Noodles 700 kcal	Tuna and Tomato Ragu Rigatoni 690 kcal
<b>Main Course Vege</b>	Fried Soy Nuggets Pumpkin Puree Crème Fraiche Sauce 710 kcal	Ricotta Cheese Tortellini Garlic Crème Sauce (Crème, Garlic, Parsley) Sautéed Broccoli, Cauliflower, Carrots 510 kcal	Spinach a la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Crème Fraiche) Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Chickpeas and Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal
<b>Dessert</b>	Fresh Fruit	Cheesecake	Chocolate Pudding	Fruit Salad (Apples, Pineapple, Pears, Kiwi, Oranges)	Fruit Yoghurt
<b>Weekly Soups</b>	Spring Vegetable Soup (Carrots, Broccoli, Cauliflower, Celery, Onions, Parsley) 205 kcal / Chicken Soup with Noodles 215 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Dalmatian Prosciutto, Boiled Egg, Croutons, Cesar Dressing) 350 kcal				
<b>Chef's Choice</b>	Grilled Chicken Fillet Potato Croquettes Dill Sauce (Chicken Broth, Crème Fraiche, Dill, Garlic) 580 kcal	Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato Sauce) 577 kcal	Chicken & Green Beans Stew (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 470 kcal	Red Kidney Beans Stew & Smoked Pork Neck (Carrots, Onions, Garlic, Red Paprika Powder) 780 kcal	Beef Burger (Brioche Bun, Lettuce, BBQ Sauce, Pickles) French Fries 740 kcal

