



**AISZ LUNCH MENU February 3<sup>rd</sup> - February 7<sup>th</sup>**

February 3 - 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Beef & Lentils Stew (Lentils, Carrots, Potatoes, Onions, Garlic, Ground Red Paprika Powder) 600 kcal	Fried Chicken Fillet Sautéed Green Beans & Vegetables (Carrots, Bell Peppers, Onions, Garlic) 670 kcal	Beef Stew (Beef, Carrots, Onions, Garlic, Potatoes, Tomato Sauce, Red Paprika Powder, Bay Leaf) 580 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic, Tomato Sauce) Parmesan Cheese 670 kcal	Fried Sole Fish Fillet Swiss Chard & Potatoes 670 kcal
<b>Main Course Vege</b>	Grilled Tofu & Mediterranean Style Pasta (Bell Peppers, Carrots, Onions, Garlic, Tomatoes) Tagliatelle 405 kcal	Spinach à la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 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>	Fruit	Seasonal Fruit Salad (Pineapple, Oranges, Kiwi, Apple, Pear)	Fruit Yoghurt	Fruit	Jaffa Cake
<b>Weekly Soups</b>	Creamy Cauliflower Soup 250 kcal/ Clear Chicken Soup with Noodles 150 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>	"Sekelji" Goulash (Pork & Sauerkraut Stew) Potatoes 643 kcal	Beans & Barley Stew with Smoked Pork Neck (Pinto Beans, Pearl Barley, Onions, Garlic, Carrots, Bay Leaf) 668 kcal	Teriyaki Chicken Wings Roasted Potatoes 710 kcal	Beef Brasato (Carrots, Celery, Onions, Red Paprika Powder, Garlic) Creamy Polenta 740 kcal	Grilled Chicken Fillet in Dill Sauce (Gravy, Creme Fraiche, Dill, Garlic) Potato Croquettes 580 kcal

