



## AISZ LUNCH MENU September 1<sup>st</sup> - September 5<sup>th</sup>

September 1 - 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Beef & Vegetables Orzotto (Beef, Pearl Barley, Mushrooms, Spinach, Onions, Garlic, Parsley) 520 kcal	Grilled Chicken Fillet Pasta with Cabbage (Cabbage, Pasta) 480 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal	Pork & Crunchy Vegetables Wok (Carrots, Bell Peppers, Cabbage, Zucchini, Onions, Garlic, Ginger, Turmeric) Udon Noodles 700 kcal	Calamari Risotto (Onions, Garlic, Tomatoes, Parsley) 620 kcal
<b>Main Course Vege</b>	Vege Tortilla (Chickpeas, Beans, Onions, Bell Peppers, Corn, Kidney Beans, Cheese) Yoghurt Sauce 490 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	Vege Paella (Corn, Kidney Beans, Bell Pepper, Carrots, Onions, Garlic, Soy Medallions) 680 kcal	Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Tofu & Vege Ragout (Carrot, Tofu, Onions, Celery, Zucchini, Brussel Sprouts, Garlic) 360 kcal
<b>Dessert</b>	Fresh Fruit	Vanilla Pudding	Apple Strudel	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pears)	Fruit Yoghurt
<b>Weekly Soups</b>	Chicken Soup with Noodles 215 kcal / Broccoli Cream Soup & Croutons 250 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Dalmatian Prosciutto, Boiled Eggs, Croutons, Cesar Dressing) 350 kcal				
<b>Chef's Choice</b>	Chicken Stroganoff Homemade Pasta (Mushrooms, Onions, Garlic, Pickles) 670 kcal	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Basmati Rice 490 kcal	Chicken Cordon Blue (Cheese, Turkey Ham) Sautéed Vegetables (Broccoli, Cauliflower, Carrots, Potatoes) 720 kcal	Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Carrots, Sweet Potato, Eggplant, Tomato Sauce) 577 kcal	Beef Burger (Brioche Bun, Lettuce, BBQ Sauce, Pickles, Cheese) French Fries 740 kcal

