

AISZ LUNCH MENU September 8th - September 12th

September 8 - 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Turkey Fillet Ratatouille (Bell Peppers, Eggplants, Zucchini, Tomatoes, Onions, Garlic, Thyme, Bay Leaf) Basmati Rice 620 kcal	Beef Bourguignon (Beef, Carrots, Onions, Champignons, Garlic) Homemade Gnocchi 830 kcal	Fried Chicken Fillet & Roasted Potatoes & Vegetables (Bell Peppers, Zucchini, Carrots, Onions, Garlic, Rosemary, Thyme) 670 kcal	Veal & Vegetables Risotto (Onions, Mushrooms, Green Peas, Garlic, Parsley) 480 kcal	Fried Hake Fillet Swiss Card & Potatoes 620 kcal
Main Course Vege	Grilled Tofu & Mediterranean Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onions, Garlic) Basmati Rice 590 kcal	Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	Quinoa & Sautéed Vegetables (Bell Peppers, Onions, Garlic, Tomatoes) Vege Sausages 500 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati rice 520 kcal
Dessert	Fresh Fruit	Fruit Yoghurt Cake	Chocolate Pudding	Fresh Fruit	Fruit Yoghurt
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 250 kcal/ Creamy Pumpkin Soup & Crunchy Seeds 160 kcal				
Composed Salad & Bruschetta	Vege Salad Bowl (Grilled Tofu, Bell Peppers, Zucchini, Eggplant, Arugula, Romaine Lettuce, Chery Tomatoes, Quinoa) 275 kcal				
Chef's Choice	Green Beans & Veal Stew with Potatoes (Green Beans, Carrots, Celery, Onion, Garlic, Red Paprika) 520 kcal	Teriyaki Chicken Wings Roasted Potatoes & Vegetables (Potatoes, Bell Peppers, Carrots, Zucchini) 710 kcal	Beef Brasato (Beef, Carrots, Celery, Red Paprika Powder, Onions, Garlic) Creamy Polenta 740 kcal	Chicken Chimichanga (Tortilla, Grilled Chicken Fillet, Kidney Beans, Onions, Garlic, Bell Peppers, Tomato Sauce) Mexican Rice (Tomato Sauce. Onions, Garlic, Green Peas, Corn, Bell Peppers) 560 kcal	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal

