



AISZ LUNCH MENU March 3rd - March 7th

March 3 - 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Fried Chicken Fillet Vegetable Risotto (Bell Peppers, Onions, Garlic, Tomatoes) 820 kcal	Beef & Vegetables Goulash (Potatoes, Onions, Carrots, Celery) 560 kcal	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 720 kcal	Chicken & Green Beans Stew (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 470 kcal	Seafood Risotto (Seafood, onions, Garlic, Parsley) 350 kcal
Main Course Vege	Grilled Tofu & Mediterranean Style Pasta (Bell Peppers, Carrots, Onions, Garlic, Tomatoes) Tagliatelle 405 kcal	Kale & Vegetable Stew (Kale, Carrots, Potato) Cauliflower Patties (Cauliflower, Wheat, Oat, Onions) 680 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal	Tofu & Vege Ragout (Tofu, Onions, Carrots, Celery, Zucchini, Brussel Sprouts) 360kcal	Vege Moussaka (Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal
Dessert	Fresh Fruit	Vanilla Pudding	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Jaffa Cake	Fruit Yoghurt
Weekly Soups	Chicken Soup with Noodles 215 kcal/ Broccoli Cream Soup & Croutons 250 Kcal				
Composed Salad & Bruschetta	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Egg, Croutons, Cesar Dressing) 350 kcal				
Chef's Choice	Pork "Paprikash" (Stew) (Onions, Celery, Garlic, Tomato Puree) Rigatoni 557 kcal	Chicken & Vege Wok (Bell Peppers, Onions, Carrots, Cabbage, Garlic) Noodles 520 kcal	Roasted Pork Roasted Potatoes & Vegetables (Potatoes, Zucchini, Bell Peppers, Onions, Carrots, Garlic, Thyme, Rosemary) 720 kcal	Katsudon (Deep Fried Pork Cutlets, Egg, Tonkatsu Sauce) Jasmin Rice 670 kcal	Beef Burritos (Ground beef, Onions, Garlic, Black Beans, Corn, Shredded Lettuce, Onions, Tomatoes, Grated Cheddar) 590 kcal

