



AISZ LUNCH MENU March 17th - March 21st

March 17 - 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Irish Stew (Beef, Lamb, Carrots, Celery, Cabbage, Potatoes, Onions, Garlic, Bye Leaf, Thyme) 497 kcal	Fried Chicken Strips & Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal	Beef Brasato (Beef, Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal	Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal	Fried Hake Fillet Swiss Card & Potatoes 830 kcal
Main Course Vege	Grilled Tofu Colcannon (Kale, Mashed Potatoes, Onions, Crème Fraiche) 420 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Bechamel 680 kcal	Vege & Soy Medallion Goulash (Kale, Chickpeas, Carrots, Celery, Garlic, Soy Medallions) 420 kcal	Chickpeas & Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal
Dessert	Fruit Yoghurt	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fresh Fruit	Apple Strudel	Vanilla Pudding
Weekly Soups	Creamy Cauliflower Soup 250 kcal/ Clear Chicken Soup with Noodles 150 kcal				
Composed Salad & Bruschetta	Salmon Salad & Toasted Garlic Bread (Avocado, Salmon, Quinoa, Cherry Tomatoes, Onions, Vinaigrette dressing) 250 kcal				
Chef's Choice	Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato sauce) 577 kcal	Shepard's Pie (Beef, Lamb, Onions, Garlic, Green Peas, Carrots, Corn, Potatoes) 450 kcal	Chicken Chimichanga (Tortilla, Chicken Fillet, Kidney Beans, Onions, Garlic, Bell Peppers, Tomato Sauce) Mexican Rice (Tomato Sauce. Onions, Garlic, Green Peas, Corn, Bell Peppers) 560 kcal	Pasta Fagioli (Kidney Beans, Carrots, Celery, Onions, Garlic, Tomato, Ditalini Pasta) Smoked Pork Sausage 525 kcal	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal

