



AISZ LUNCH MENU December 1st- December 5th

December 1-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Spaghetti Bolognese (Beef, Onions, Carrots, Celery, Garlic) Parmesan Cheese 670 kcal	Beef Brasato (Carrots, Celery, Onions, Red Paprika Powder, Garlic) Creamy Polenta 740 kcal	Fried Chicken Fillet Vegetable Risotto (Onions, Bell Peppers, Garlic, Tomato) 820 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Tuna & Tomato Ragu (Tuna, Onions, Garlic, Parsley, Tomato Sauce Rigatoni 690 kcal
Main Course Vege	Vege Tortilla (Chickpeas, Kidney Beans, Bell Peppers, Onions, Garlic) Yoghurt Sauce 670 kcal	Vege Moussaka (Sweet Potatoes, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal	Lentil Dhal (Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	Grilled Tofu & Mediterranean Style Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrot, Onion) Basmati Rice 590 kcal
Dessert	Fresh Fruit	Apple Crostata	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pears)	Vanilla Pudding	Fruit Yoghurt
Weekly Soups	Creamy Carrot Soup 210 kcal / Clear Beef Soup and Noodles 215 kcal				
Composed Salad & Bruschetta	Tuna & Vegetables Salad (Tuna, Arugula, Zucchini Noodles, Radicchio, Tomato, Pesto Genovese, Grana Padano, Garlic Croutons, Miso Dressing) 290 kcal				
Chef's Choice	Grilled Turkey Fillet Mashed Potatoes Mushroom Sauce (Champignons, Onions, Garlic, Parsley) 620 kcal	"Sarma" (Ground Beef & Pork, Sauerkraut) Mashed Potatoes with Crème Fraiche 790 kcal	Red Kidney Beans Stew with Smoked Pork Neck (Carrots, Onions, Garlic, Red Paprika Powder) 780 kcal	Chicken Stroganoff Homemade Pasta (Mushrooms, Red Paprika Powder, Pickles) 670 kcal	"Pljeskavica" (Beef Patties) & Vegetables Risotto (Bell Peppers, Eggplant, Zucchini, Tomato, Onions, Garlic) 680 kcal

