



AISZ LUNCH MENU April 28th - May 2nd

April 28 – May 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Gratin Piadina with Grilled Turkey Fillet & Vegetables (Zucchini, Bell Peppers, Corn) 520 kcal	Fried Chicken Fillet Mashed Potatoes Spinach a la Crème 540 kcal	Beef Bourguignon (Beef, Carrots, Onions, Champignons, Garlic) Homemade Gnocchi 830 kcal	Labour Day No School	Fried Sole Fillet Spring Potatoes Salad (Potatoes, Radicchio, Lettuce, Bell Peppers, Carrots) 670 kcal
Main Course Vege	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal	Grilled Tofu & Mediterranean Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal		Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Bechamel 680 kcal
Dessert	Fresh Fruit	Apple Strudel	Fruit Yoghurt		Fruit Salad (Apples, Pineapple, Pears, Oranges, Kiwi)
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 250 kcal/ Creamy Pumpkin Soup & Crunchy Seeds 160 kcal				Minestrone Soup (Cauliflower, Broccoli, Green Peas) 250 kcal/ Creamy Pumpkin Soup & Crunchy Seeds 160 kcal
Composed Salad & Bruschetta	Tuna & Veggies Salad (Tuna, Arugula, Zucchini, Noodles, Radicchio, Tomato Pesto, Grana Padano, Garlic Croutons, Miso Dressing) 290 kcal				Tuna & Veggies Salad
Chef's Choice	Chicken Stroganoff (Champignon, Red Paper, Onions, Pickles) Homemade Pasta 670 kcal	Beef Stew (Beef, Carrots, Onions, Garlic, Potatoes, Tomato Sauce, Red Paprika Powder, Bay Leaf) 580 kcal	Veal & Vegetable Risotto (Onions, Mushrooms, Green Peas) 480 kcal		Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal

