



AISZ LUNCH MENU November 3rd - November 7th

November 3 - 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 820 kcal	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes & Vegetables (Bell Peppers, Onions, Carrots< Rosemary, Thyme) 708 kcal	Spaghetti Bolognese (Beef, Onions, Carrots, Celery, Garlic) Parmesan Cheese 670 kcal	Fried Hake Fillet Swiss Chard & Potatoes 830 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	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onion, Garlic) Basmati Rice 590 kcal	Vege Moussaka (Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal
Dessert	Fresh Fruit	Yoghurt Cake	Vanilla Pudding	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fruit Yoghurt
Weekly Soups	Vegetable Soup (Carrots, Broccoli, Cauliflower, Celery, Onions, Parsley) 205 kcal / Chicken Soup with Noodles 215 kcal				
Composed Salad & Bruschetta	Mexican Salad (Black beans, Sweet Potatoes, Tomatoes, Cottage Cheese), Tortilla Strips, Lime Yogurt Dressing 275 kcal				
Chef's Choice	Chicken & Vege Wok (Bell Peppers, Onions, Carrots, Cabbage, Garlic) Basmati Rice 520 kcal	Beef & Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato sauce) 577 kcal	Grilled Turkey Fillet Stripes Cheese Sauce (Gouda, Gorgonzola, Parmesan, Smoked Gouda Cheese, Crème Fraiche) Gnocchi 750 kcal	Katsudon (Deep Fried Pork Cutlets, Eggs, Tonkatsu Sauce) Jasmin Rice 670 kcal	Teriyaki Chicken Wings Roasted Potatoes 710 kcal

