



AISZ LUNCH MENU December 15th- December 18th

December 15-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Fillet Pumpkin Pure Sautéed Broccoli 510 kcal	Beef & Vegetables Orzotto (Beef, Pearl Barley, Mushrooms, Spinach, Onions, Garlic, Parsley) 520 kcal	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Basmati Rice 490 kcal	Chicken & Green Beans Stew (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 470 kcal	Early Dismissal Winter Break
Main Course Vege	Chickpeas “Meat” Balls Tomato Sauce Spaghetti 420 kcal	Vege Quiche (Broccoli, Pumpkin, Carrots, Cheese) 570 kcal	Vegetables & Marinated Seitan Skewers (Zucchini, Peppers) Pumpkin Puree 670 kcal	Vegetable Stew with Homemade Dumplings (Green Peas, Carrot) 470 kcal	
Dessert	Fresh Fruit	Marble Cake	Fruit Yogurt	Fresh Fruit	
Weekly Soups	Creamy Cauliflower Soup 250 kcal/ Veal Soup with Noodles 120 kcal				
Composed Salad & Bruschetta	Royal Salad (Variety of Lettuce, Fried Tofu, Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
Chef’s Choice	Lasagne Bolognese (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 880 kcal	Fried Chicken Fillet Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal	Gratin Piadina with Grilled Turkey Fillet & Vegetables (Zucchini, Bell Peppers, Corn) 700 kcal	Beef Burger (Brioche Bun, Lettuce, BBQ Sauce, Pickles, Feta Cheese) French Fries 740 kcal	

