



AISZ LUNCH MENU June 1st- June 5th

June 1 - 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Pork Neck Grilled Vegetables (Bell Peppers, Eggplant, Zucchini, Champignons) Roasted Potatoes 720 kcal	Turkey & Crunchy Vegetables Wok (Carrot, Peppers, Zucchini) Udon Noodles 700 kcal	Grilled Chicken Fillet Potato Croquettes Dill Sauce (Chicken Broth, Crème Fraiche, Dill, Garlic) 580 kcal	Corpus Christi	Tuna and Tomato Ragù (Tuna, Onions, Garlic, Parsley, Tomato Sauce) Rigatoni 690 kcal
Main Course Vege	Grilled Tofu & Mediterranean Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Spinach a la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onions, Garlic) Basmati Rice 590 kcal		Vege Tortilla (Grilled Tofu, Chickpeas, Corn, Onion, Bell Peppers) Yoghurt Sauce 490 kcal
Dessert	Fresh Fruit	Berry Yogurt Cake	Fresh Fruit		Fruit Yogurt
Weekly Soups	Spring Vegetable Soup (Carrots, Broccoli, Cauliflower, Celery, Onions, Parsley) 205 kcal / Chicken Soup with Noodles 215 kcal				Spring Vegetable Soup 205 kcal / Chicken Soup with Noodles 215 kcal
Composed Salad & Bruschetta	Macaroni & Smoked Turkey Salad (Carrot, Turkey Breast, Onion, Pasta) Mayo Dressing 520 kcal				Macaroni & Smoked Turkey Salad (Carrot, Turkey Breast, Onion, Pasta) Mayo Dressing 520 kcal
Chef's Choice	Tagliatelle Carbonara Smoked Turkey Ham, Cream, Eggs 820 kcal	Beef Brasato (Beef, Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal	Beef Lasagne (Beef, Carrots, Celery, Tomatoes, Onions, Garlic) Béchal Sauce Parmesan Cheese 683 kcal		Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal

