

AISZ LUNCH MENU February 4 - March 1

February 4 - 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Broccoli & Quinoa Soup Gombao Chicken (without peanuts) Rice (582 Kcal) Salad Bar Fruit Yoghurt	Beef Soup Lasagna Bolognese(Beef) (1051 Kcal) Salad Bar Fruit	Chicken Soup with Semolina Dumplings Roasted Chicken Pasta Tatters (682 Kcal) Salad Bar Cherry Cake	Pumpkin Soup Pork & Vegetables Risotto (737 Kcal) Salad Bar	Fish Soup Salmon & Vegetables Sauce Noodles (1172 Kcal) Fruit
Meal 1	VEGE Chickpeas & Vegetables Patties Tzatziki Salad (691 Kcal) Salad Bar	VEGE Fried Vegetables Rice Tartar Sauce (1070 Kcal)	VEGE Pasta & Broccoli (604 Kcal) Salad Bar	VEGE Zucchini & Cheese Quiche (980 Kcal) Salad Bar	VEGE Buckwheat & Vegetables Patties Steamed Vegetables (612 Kcal) Salad Bar
Meal 2	"Sekelji" Goulash (Pork & Sauer Kraut) Polenta (778 Kcal) Salad Bar	Grilled Pork Steak Baked Beans (924 Kcal) Salad Bar	Penne Carbonara (1055 Kcal) Salad Bar	Fried Chicken Thighs & Drumstick Mexican Rice (1018 Kcal) Salad Bar	Crispy Fried Turkey Fillet Pea & Carrot Risotto (1038 Kcal) Salad Bar

Additional Daily Offer:

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays and Fridays), Omelette or Fried Eggs Salads: Greek, Caprese, Caesar, Royal Salad with Chicken or Tuna, Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese

Nutritional value calculated per portion, salad bar & dessert not included



AISZ LUNCH MENU February 4 - March 1

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February 11- 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Beef Soup Spaghetti Bolognese(Beef) (1051 Kcal)) Salad Bar Fruit	Chicken Soup Hot Chicken Wings Roasted Potatoes & Vegetables (891 Kcal) Salad Bar Fruit	Carrot Soup Turkey Meatloaf Spinach Mashed Potatoes (943 Kcal) Salad Bar Fruit Salad	Pea Soup "Wiener Schnitzel" (Fried Pork Steak) Pea & Rice (1082 Kcal) Salad Bar Fruit Cake	Tomato Soup Fried Hake Steak Potatoes Salad (787 Kcal) Salad Bar Fruit Yoghurt
Meal 1	VEGE Roasted Cauliflower and Chickpeas Salad (495 Kcal) Salad Bar	VEGE Macaroni & Cheese (648 Kcal) Salad Bar	VEGE Vegeterian Pizza (526 Kcal) Salad Bar	VEGE Cucumber,Tomato & Mint Salad (437 Kcal) Salad Bar	VEGE Vegetable Patties Fresh Cheese & Cream (712 Kcal) Salad Bar
Meal 2	Chicken Burger Salad Bar (852 Kcal)	Gourmand Goulas(Pork) (788 Kcal) Salad Bar	Taquitos Yoghurt & Cheese Sauce Coleslow Salad (636 Kcal) Salad Bar	Lentil & Beef Stew (626 Kcal) Salad Bar	Pizza Capriciosa (Turkey Ham) (628 Kcal) Salad Bar

Additional Daily Offer:

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays and Fridays), Omelette or Fried Eggs Salads: Greek, Caprese, Caesar, Royal Salad with Chicken or Tuna, Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese

Nutritional value calculated per portion, salad bar & dessert not included



AISZ LUNCH MENU February 4 – March 1

February 18 - 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU			SKI BREAK		

Additional Daily Offer:

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays and Fridays), Omelette or Fried Eggs
Salads: Greek, Caprese, Caesar, Royal Salad with Chicken or Tuna,
Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese
Nutritional value calculated per portion, salad bar & dessert not included



AISZ LUNCH MENU February 4 - March 1

February	February					
25 – March 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MENU	Cauliflower Soup Grilled Chicken Fillet Couscous Ratatouille (987 Kcal) Salad Bar Fruit	Beef Soup Moussaka (Beef) (1051 Kcal) Salad Bar Fruit Salad	Chicken Soup Tandoori Chicken Rice (641 Kcal) Salad Bar Fruit	Pumpkin Soup Turkey & Vegetables Sauce Fettuccine (925 Kcal) Salad Bar Apple Crumble	Red Lentil Soup Seafood Risotto (467 Kcal) Salad Bar Fruit Yoghurt	
Meal 1	VEGE Grilled Vegetables & Brown Rice Salad (525 Kcal)	VEGE Pea Stew with Dumplings (356 Kcal) Turkey on the side (467 Kcal) Salad Bar	VEGE Vegetarian Risotto (658 Kcal) Salad Bar	VEGE Mixed Cereals Stew (242 Kcal) Chicken on the side (288 Kcal) Salad Bar	VEGE Stuffed Fried Pancakes (Vegetables & Cheese) Mexican Style Slow (1107 Kcal) Salad Bar	
Meal 2	Green Beans & Beef Stew (613 Kcal) Salad Bar	Fettuccine Chicken, Mushroom Sauce (875Kcal) Salad Bar	"Sarma" (Minced Pork & Sauer Kraut) Mashed Potatoes (650 Kcal) Salad Bar	Corn Dogs Coleslaw Salad (737 Kcal) Salad Bar	Cheeseburger(Pork) French Fries) (932 Kcal) Salad Bar	

Additional Daily Offer:

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays and Fridays), Omelette or Fried Eggs Salads: Greek, Caprese, Caesar, Royal Salad with Chicken or Tuna, Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese

Nutritional value calculated per portion, salad bar & dessert not include

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