

## AISZ LUNCH MENU

### May 30<sup>th</sup> – June 3<sup>d</sup>

#### Week B

| May 30 – June 3         | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|-------------------------|---|--|--|--|---|
| <b>Main Course</b>      | Creamy Chicken Stroganoff<br>Homemade Spätzle<br>(Champignon, Red Paper, Pickles)<br>670 kcal | Beef & Vegetable Moussaka<br>(Potato, Carrots, Celery, Onions)<br>620 kcal | Turkey & Vegetables Katsu Curry<br>(Carrots, Zucchini, Peppers, Cabbage)<br>670 kcal | Pork Chops<br>Roasted Potatoes & Grilled Eggplant<br>880 kcal          | Tomato Seafood Risotto<br>620 kcal  |
| <b>Main Course Vege</b> | Vegetables & Tofu Stew<br>(Peas, Carrots, Cauliflower, Potatoes)<br>420 kcal                  | Homemade “Štrukli” with Cottage Cheese and Cream<br>720 kcal               | Vege Burritos<br>(Chickpeas, Beans, Sweetcorn, Pepper, Cheese)<br>535 kcal           | Vege & Tofu Wok Noodles<br>(Carrot, Celery, Onion, Pepper)<br>640 kcal | Spanish Vege Paella<br>(Corn, Beans, Bell Peppers, Smoked Tofu)<br>420 kcal |
| <b>Salad</b>            | Seasonal Salad  | Seasonal Salad   | Seasonal Salad   | Seasonal Salad   | Seasonal Salad  |
| <b>Dessert</b>          | Fruit   | Apple Crumble  | Fruit Salad  | Carrot Cake  | Fruit Yoghurt   |

#### Weekly Choice of Salads

Caesar Salad (Variety of Lettuce, Grilled Chicken Fillet, Bacon, Croutons, Eggs, Caesar Dressing)  
 Royal Salad (Variety of Lettuce, Grilled Chicken Fillet, Vegetables & Mushrooms, Dressing of Choice)  
 Greek Salad (Vegetables, Olives, Feta Cheese, Olive Oil & Vinegar Dressing)  
 Tuna Salad (Pasta, Fresh Vegetables, Tuna, Olive Oil, Lemon, Mayonnaise)

#### Weekly Choice of Sandwiches

Grilled Chicken Sandwich (Bun, Grilled Chicken Fillet, Mayonnaise, Tomato)  
 Fried Chicken Sandwich (Bun, Fried Chicken Fillet, Mayonnaise, Lettuce)  
 Vegan Sandwich (Wholegrain Toast, Hummus, Grilled and Marinated Vegetables, Baby Spinach)  
 Breakfast Sandwich (Bun, Smoked Turkey Ham, Eggs, Lettuce, Tomato, Cheese, Mayonnaise)  
 Tuna Sandwich (Bun, Tuna, Fresh Vegetables, Olive Oil, Lemon, Mayonnaise)

#### Salad Dressings:

Yogurt Dressing: Yogurt, Lemon, Spices  
 Balsamic Vinegar & Honey: Balsamic Vinegar, Mustard, Honey, Oil, Spices