



**AISZ LUNCH MENU April 13<sup>th</sup> - April 17<sup>th</sup>**

April 13 - 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Turkey & Crunchy Vegetable Wok (Carrots, Bell Peppers, Onions, Zucchini, Garlic) Noodles 700 kcal	Beef & Vegetables Goulash (Onion, Carrot, Celery) 560 kcal	Grilled Chicken Fillet Potato Croquettes Dill Sauce (Chicken Broth, Crème Fraiche, Dill, Garlic) 580 kcal	Beef Lasagne (Beef, Carrots, Celery, Onions, Garlic) Béchamel Sauce Parmesan Cheese 683 kcal	Tuna and Tomato Ragu Rigatoni 690 kcal
<b>Main Course Vege</b>	Fried Soy Nuggets Pumpkin Puree Crème Fraiche Sauce 710 kcal	Ricotta Cheese Tortellini Garlic Crème Sauce (Crème, Garlic, Parsley) Sautéed Broccoli, Cauliflower, Carrots 510 kcal	Grilled Tofu & Chow Mein (Stir Fry Noodles) (Bell Peppers, Onions, Cabbage, Carrots, Garlic, Soy Sauce, oyster Sauce) 520 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Crème Fraiche) Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Chickpeas and Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal
<b>Dessert</b>	Fresh Fruit	Cheesecake	Fruit Yoghurt	Chocolate Pudding	Fresh Fruit
<b>Weekly Soups</b>	Minestrone Soup 250 kcal (Cauliflower, Broccoli, Green Peas) / Creamy Pumpkin Soup & Crunchy Seeds 160 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Dalmatian Prosciutto, Boiled Egg, Croutons, Cesar Dressing) 350 kcal				
<b>Chef's Choice</b>	Veal & Vegetable Risotto (Onions, Celery, Carrots, Bell Peppers) 480 kcal	Roasted Pork Shoulder Mushroom & Plum Sauce (Mushrooms, Plums, Onions, Shallots, Garlic, Parsley) Homemade Gnocchi 680 kcal	Tagliatelle Carbonara Smoked Turkey Ham, Crème Fraiche, Eggs 820 kcal	Red Kidney Beans Stew & Smoked Pork Neck (Carrots, Onions, Garlic, Red Paprika Powder) 780 kcal	Beef Burger (Brioche Bun, Lettuce, BBQ Sauce, Pickles) French Fries 740 kcal

