



AISZ LUNCH MENU March 23st- March 27th

March 23-27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Stripes Pappardelle Mushroom Sauce (Champignons, Onions, Garlic, Thyme, Crème Fraiche) 650 kcal	Meat Balls (Beef) Tomato Sauce Mashed Potatoes 720 kcal		Veal & Vegetable Risotto (Onions, Mushrooms, Green Peas) 480 kcal	Fried Sole Fish Fillet Swiss Chard & Potatoes 670 kcal
Main Course Vege	Soy Medallions Mushroom Sauce (Soy Medallions, Mushrooms, Cooking Cream, Onions, Garlic) Homemade Gnocchi 750 kcal	Gratinated Cauliflower Grilled Tofu (Cauliflower, Eggs, Crème Fraiche, Bred Crumbs, Parsley, Garlic) 505 kcal		Zucchini Patties (Zucchini, Onions, Garlic, Soy Flakes, Parsley, Carrots) Mediterranean Style Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onions, Garlic) Basmati Rice 590 kcal
Dessert	Fresh Fruit	Cherry Strudel		Fruit Yoghurt	Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)
Weekly Soups	Chicken Soup with Noodles 215 kcal / Broccoli Cream Soup & Croutons 250 kcal			Chicken Soup with Noodles 215 kcal /Broccoli Cream Soup & Croutons 250 kcal	
Composed Salad & Bruschetta	Macaroni & Smoked Turkey Salad with Mayo Dressing (Carrot, Turkey Breast, Onion, Pasta) 520 kcal			Macaroni & Smoked Turkey Salad with Mayo Dressing (Carrot, Turkey Breast, Onion, Pasta) 520 kcal	
Chef’s Choice	Beef & Vegetables Tortilla (Zucchini, Bell Peppers. Corn) Mexican Rice (Rice, Onions, Garlic, Tomato Sauce, Green Peas, Carrots, Corn) 620 kcal	Fried Chicken Fillet Sauteed Green Beans & Vegetables (Carrots, Bell Peppers, Onions, Garlic) 670 kcal		Chicken Pad Thai (Chicken Fillet, Green Onions, Garlic, Onions) Rice Noodles 620 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Bechamel Sauce with Parmesan Cheese 683 kcal

