



## AISZ LUNCH MENU May 12<sup>th</sup>- May 16<sup>th</sup>

| May 12 - 16                            | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|--|
| <b>Main Course</b>                     | Turkey & Crunchy Vegetables Wok<br>(Carrot, Peppers, Zucchini)<br>Udon Noodles<br>700 kcal   | Beef Lasagne<br>(Beef, Carrots, Onions, Garlic)<br>Béchamel Sauce with Parmesan Cheese<br>683 kcal | Grilled Chicken Fillet<br>Basmati Rice<br>Dill Sauce<br>(Chicken Broth, Crème Fraiche, Dill, Garlic)<br>580 kcal | Beef Bourguignon<br>(Onions, Carrots, Garlic, Mushrooms)<br>Homemade Gnocchi<br>830 kcal             | Seafood Risotto<br>(Seafood, Onions, Garlic, Parsley)<br>350 kcal                                |
| <b>Main Course Vege</b>                | Red Lentil Dhal<br>(Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk)<br>Basmati Rice<br>470 kcal | Vege Moussaka<br>(Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans)<br>600 kcal              | Tofu & Vege Ragout<br>(Carrot, Tofu, Onions, Celery, Zucchini, Brussel Sprouts)<br>360 kcal                      | Spinach a la Crème<br>(Spinach, Crème, Garlic)<br>Mashed Potatoes<br>Fried Egg<br>420 kcal           | Vege Tortilla<br>(Chickpeas, Kidney Beans, Onion, Bell Peppers)<br>Yoghurt Sauce<br>490 kcal     |
| <b>Dessert</b>                         | Fresh Fruit  | Vanilla Pudding  | Fruit Salad<br>(Pineapple, Grapes, Kiwi, Apple, Pear)  | Jaffa Cake   | Fruit Yoghurt  |
| <b>Weekly Soups</b>                    | Clear Beef Soup with Noodles 215 kcal/ Tomato Soup with Croutons 255 kcal  |  |  |  |  |
| <b>Composed Salad &amp; Bruschetta</b> | Mexican Salad (Black beans, Sweet Potatoes, Tomatoes, Cottage Cheese), Tortilla Strips, Lime Yogurt Dressing<br>275 kcal                 |  |  |  |  |
| <b>Chef's Choice</b>                   | Green Beans & Veal Stew<br>(Green Beans, Carrots, Celery, Onions, Garlic, Red Paprika)<br>520 kcal                                       | Chicken Pad Tai<br>(Chicken, Onions, Garlic, Green Onions)<br>Rice Noodles<br>620 kcal             | Grilled Pork Neck<br>Crispy Roasted Parmesan Potatoes<br>708 kcal  | Chicken & Vegetables Skewers<br>(Onion, Zucchini, Bell Peppers)<br>Mashed Sweet Potatoes<br>780 kcal | Beef Burger<br>(Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese)<br>French Fries<br>740 kcal |

