



AISZ LUNCH MENU March 9th - March 13th

| March 09 - 13 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|--|
| Main Course | Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Rice Noodles 700 kcal | Fried Chicken Strips & Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal | Beef Brasato (Beef, Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal | Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal | Fried Hake Fillet Swiss Card & Potatoes 830 kcal |
| Main Course Vege | Chickpeas & Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal | Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Bechamel 680 kcal | Vege & Soy Medallion Goulash (Kale, Chickpeas, Carrots, Celery, Garlic, Soy Medallions) 420 kcal | Vege Spaghetti Bolognese (Red Lentils, Onions, Carrots, Celery, Garlic, Parsley, Tomato Sauce) Spaghetti Parmesan Cheese 395 kcal | Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal |
| Dessert | Vanilla Pudding | Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear) | Fresh Fruit | Marble Cake | Fruit Yoghurt |
| Weekly Soups | Clear Beef Soup with Noodles 215 kcal / Creamy Cauliflower Soup 250 kcal | | | | |
| Composed Salad & Bruschetta | Salmon Salad & Toasted Garlic Bread (Avocado, Salmon, Quinoa, Cherry Tomatoes, Onions, Vinaigrette dressing) 250 kcal | | | | |
| Chef's Choice | Beef & Sweet Potato Moussaka (Beef, Onions, Garlic, Eggplant, Tomato Sauce) 577 kcal | "Samobor" Pork Cutlet Sautéed Potatoes (Potatoes, Onions, Red Paprika Powder) Sauce (Gravy, Onions, Garlic) 650 kcal | Chicken Chimichanga (Tortilla, Chicken Fillet, Kidney Beans, Onions, Garlic, Bell Peppers, Tomato Sauce) Mexican Rice (Tomato Sauce, Onions, Garlic, Green Peas, Corn, Bell Peppers) 560 kcal | Pasta Fagioli (Kidney Beans, Carrots, Celery, Onions, Garlic, Tomato, Ditalini Pasta) Smoked Pork Sausage 525 kcal | Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal |

