



## AISZ LUNCH MENU June 2<sup>nd</sup> - June 6<sup>th</sup>

June 2 - 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Green Beans & Veal Stew (Green Beans, Carrots, Celery, Onions, Garlic, Red Paprika) 520 kcal	Beef Brasato (Beef, Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal	Turkey & Crunchy Vegetables Wok (Carrot, Peppers, Zucchini) Udon Noodles 700 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Calamari Risotto (Onions, Garlic, Tomatoes, Parsley) 620 kcal
<b>Main Course Vege</b>	Grilled Tofu & Mediterranean Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Spinach a la Crème (Spinach, Creme, Garlic) Mashed Potatoes Fried Egg 420 kcal	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onions, Garlic) Basmati rice 590 kcal	Vege Tortilla (Grilled Tofu, Chickpeas, Corn, Onion, Bell Peppers) Yoghurt Sauce 490 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal
<b>Dessert</b>	Fresh Fruit	Jaffa Cake	Vanilla Pudding	Fruit Salad (Kiwi, Pear, Apple, Pineapple, Strawberries)	Fruit Yoghurt
<b>Weekly Soups</b>	Spring Vegetable Soup (Carrots, Broccoli, Cauliflower, Celery, Onions, Parsley) 205 kcal / Chicken Soup with Noodles 215 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Macaroni & Smoked Turkey Salad (Carrot, Turkey Breast, Onion, Pasta) Mayo Dressing 520 kcal				
<b>Chef's Choice</b>	Grilled Chicken Fillet Basmati Rice Dill Sauce (Chicken Broth, Crème Fraiche, Dill, Garlic) 580 kcal	Tagliatelle Carbonara Smoked Turkey Ham, Cream, Eggs 820 kcal	Beef Lasagne (Beef, Carrots, Celery, Tomatoes, Onions, Garlic) Béchamel Sauce Parmesan Cheese 683 kcal	Roasted Chicken Breast Gratinated Potatoes (Potatoes, Eggs & Cream) 720 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal

