



AISZ LUNCH MENU October 14 – October 18

October 14 - 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Poulet Basquaise (Chicken) Rice (634 Kcal) Salad Bar Fruit	Pumpkin Soup Spaghetti Bolognese (Beef) (951 Kcal) Salad Bar Fruit Yoghurt	CONFERENCES NO SCHOOL	Beef Soup Cheeseburger (Pork) (932 Kcal) Salad Bar Plum Crumble	Tomato Soup Fried Hake Steak Potatoes Salad (787 Kcal) Salad Bar Fruit
Meal 1	VEGE Thai Stew with crispy Tofu & Rice (with Coconut Oil, Coconut Milk & Soya Sauce) (418 Kcal) Salad Bar	VEGE Chickpeas, Green Peas & Spinach Patties Grilled Vegetables/ Yoghurt & Lemon Sauce (648 Kcal) Salad Bar		VEGE Chickpeas & Pumpkin Stew (232 Kcal) Salad Bar	VEGE Macaroni & Cheese (648 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
Green salad with seafood,
Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU October 21 – October 25

October 21 - 25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup Tandoori Chicken Pea & Rice (891 Kcal) Salad Bar Fruit	Broccoli Soup Roasted Potato & Ratatouille Grilled Sausage (Veal) (934 Kcal) Salad Bar Fruit	Beef Soup Beef & Vegetables Goulash Fettuccine (723 Kcal) Salad Bar Fruit Salad	Zucchini Soup Crispy Turkey Fillet (Sesame & Flax Seeds) Gratinated Potatoes (1038 Kcal) Salad Bar Fruit Cake	Cauliflower & Leek Soup Pasta Tuna & Tomato Sauce (991 Kcal) Salad Bar Fruit
Meal 1	VEGE Pasta & Spinach Sauce (615 Kcal) Salad Bar	VEGE Mungo Beans & Vegetables Stew (163 Kcal) Salad Bar	VEGE Tempeh & Vegetables Risotto (324 Kcal) Salad Bar	VEGE Red Lentil with Garam Masala Stew (295 Kcal) Salad Bar	VEGE Cheese Tortellini & Mushrooms Sauce (927 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU October 28 – November 1

October 28 - November 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	MID-SEMESTAR BREAK NO SCHOOL	MID-SEMESTAR BREAK NO SCHOOL	MID-SEMESTAR BREAK NO SCHOOL	MID-SEMESTAR BREAK NO SCHOOL	ALL SAINTS DAY- NO SCHOOL
Meal 1					

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Caprese salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese



AISZ LUNCH MENU November 4th – November 8th

November 4 - 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Chicken Soup "Polpettone" (Turkey Meatloaf stuffed with Ham & Cheese) Rice & Vegetables (943 Kcal) Salad Bar Fruit	Minestrone Soup Teriyaki Chicken Wings Roasted Potatoes & Vegetables (891 Kcal) Fruit Yoghurt	Pea Soup Grilled Pork Baked Beans (831 Kcal) Salad Bar Fruit Yoghurt	Beef Soup Chicken "Zagrebacki" (Cordon Bleu) Leek Risotto (1166 Kcal) Salad Bar Fruit Salad	Tomato Soup Seafood Risotto (591 Kcal) Salad Bar Fruit
Meal 1	VEGE Rice Noodles & Vegetables (with Gheea Butter) (323 Kcal) Salad Bar	VEGE Azuki Beans & Lentil Stew (213 Kcal) Salad Bar	VEGE Millet & Vegetables Salad (156 Kcal) Salad Bar	VEGE Spelt Gnocchi (Spelt Flour) Carrot Sauce (372 Kcal) Salad Bar	VEGE Falafel Tabbouleh Salad Yoghurt & Lemon Sauce (407 Kcal) Salad Bar

Additional Daily Offer (please order in the morning):

Sandwiches: Toast or Ciabatta (Chicken, Ham & Cheese, Tuna), French Fries (Mondays & Fridays), Omelets or Fried Eggs
 Salads: Greek, Capresse salad, Caesar, Royal Salad with Chicken or Tuna, Salad with couscous and feta cheese, Protein salad with tuna and lentil,
 Green salad with seafood,
 Grilled Chicken Fillet with Grilled or Sautéed Vegetables on the Side
 Fried Cheese with Grilled Mushrooms, Spaghetti Bolognese