



AISZ LUNCH MENU January 25 – January 29



Jan 25 - Jan 29	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	LS Day 6, US Day 4	LS Day 7, US Day 1	LS Day 8, US Day 2	LS Day 9, US Day 3	LS Day 10, US Day 4
MENU	Chicken "Paprikash" Fettuccine Salad Fruit	Fried Turkey Fillet Spinach & Mashed Potatoes Salad Fruit	Hot Chicken Wings Roasted Potatoes Salad Fruit Yoghurt	Beans Stew with Homemade Sausages (Pork) Fruit Crumble	Seafood Risotto Salad Fruit
VEGE MENU	Grilled Vegetables & Brown Rice Salad Fruit	Fried Eggs Spinach & Mashed Potatoes Salad Fruit	Chowder-Sweet Corn & Vegetables Stew Fruit Fruit Yoghurt	Chickpeas & Leek Stew Fruit Crumble	Grilled Cheese Pasta & Cabbage Salad Fruit

CHOICE OF SANDWICHES: (served with piece of fruit or yogurt)

1. Grill Turkey (Ciabatta, grill turkey, selections of fresh and grilled vegetables)
2. Fried Chicken (Ciabatta, fried chicken, tomato, mayo with lemon)
3. Falafel (Ciabatta, falafel, lettuce, fresh cucumbers, tomato, yogurt dressing)
4. Toast - Ham & Cheese (lettuce, butter, tomato)
5. Toast - Salami (butter, cheese, salami, pickled cucumbers)
6. Toast - Tuna (pepper, cheese, lettuce, mayo)

CHOICE OF SALADS: (served with bread)

1. Protein salad (mix of green salads, buckwheat, chickpeas, carrot & feta cheese) VEGE
2. Waldorf salad (mix of green salads, grill chicken, celery, granny smith apple, croutons)
3. Royal salad (grilled chicken, mushrooms & vegetables, mix of green salads)
4. Tuna salad (tuna, lentil, vegetables)
5. Vegetarian (mix of green salads, boiled egg, feta cheese, parmesan, zucchini, tomato, olives) VEGE
6. Dalmatino - (mix of green salads, grill squids, potato, tomato, olives, capers)