



## AISZ LUNCH MENU January 18 – January 22



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Jan 18 - Jan 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	LS Day 1, US Day 3	LS Day 2, US Day 4	LS Day 3, US Day 1	LS Day 4, US Day 2	LS Day 5, US Day 3
<b>MENU</b>	Curry Chicken Basmati Rice Salad Fruit	Grilled Sausages(Pork) Roasted Potatoes& Vegetables Beet Salad Fruit	Pizza Capricciosa (Turkey Ham,Cheese) Fruit Yoghurt	Pea Stew with Turkey & Dumplings Fruit Cake	Fried Hake Swiss Chards & Potatoes Salad Banana
<b>VEGE MENU</b>	Vegeterian Curry (Sweet Potatoes,Chickpeas,Peas) Basmati Rice Fruit	Cauliflower & Mushrooms Risotto Beet Salad Fruit	Vegetarian Pizza (Cheese and vegetables) Fruit Yoghurt	Chickpeas & Leek Stew Fruit Cake	Falafel Grilled Vegetables Yoghurt & Mint Sauce Salad Banana

### 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)