

AISZ LUNCH MENU

October 4th – October 8th

*Vašoj mašti
dajemo okus!*



Week B

October 4 th – 8 th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Fillet Steamed Vegetables (Carrot, Cauliflower, Broccoli & Potatoes) 630 kcal	„Paprikash“ Pork Stew Gnocchi 880 kcal	Turkey Stroganoff Rice 820 kcal	Spaghetti Bolognese (Beef) 950 kcal	TEACHER PD DAY NO SCHOOL
Main Course Vege	Soy Medallions in Gravy Steamed Vegetables (Carrot, Cauliflower, Broccoli & Potatoes) 650 kcal	Lentil and Potato Stew 450 kcal	Vege Ragout (Carrot, Peas, Tofu) Mashed Potatoes 730 kcal	Beans Stew with Pasta 550 kcal	
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	
Dessert	Cocoa Cake	Fruit Yoghurt	Apple Cake	Fruit	

Weekly Choice of Salads

Caesar Salad (Variety of Lettuce, Grilled Chicken Fillet, Bacon, Croutons, Eggs, Caesar Dressing)
 Royal Salad (Variety of Lettuce, Grilled Chicken Fillet, Vegetables & Mushrooms, Dressing of Choice)
 Greek Salad (Vegetables, Olives, Feta Cheese, Olive Oil & Vinegar Dressing)
 Tuna Salad (Pasta, Fresh Vegetables, Tuna, Olive Oil, Lemon, Mayonnaise, Ketchup)

Weekly Choice of Sandwiches

Club Sandwich (Toast, Ham, Bacon, Eggs, Lettuce, Tomato,)
 Veggie Sandwich (Wholegrain Toast, Hummus, Grilled and Marinated Vegetables, Baby Spinach)
 Breakfast Sandwich (Bun, Smoked Turkey Ham, Eggs, Lettuce, Tomato, Cheese, Mayonnaise)
 Tuna Sandwich (Bun, Tuna, Fresh Vegetables, Olive Oil, Lemon, Mayonnaise, Ketchup)

Salad Dressings:

Thousand Island: Mustard, Egg Yolks, Balsamic Vinegar, Pumpkin Oil, Spices
 Yogurt Dressing: Yogurt, Lemon, Spices
 Balsamic Vinegar & Honey: Balsamic Vinegar, Egg Yolks, Honey, Oil, Spices