

AISZ LUNCH MENU

October 18th – October 22nd

*Vašoj mašti
dajemo okus!*



Week A

October 18 th - 22 nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Lasagne Turkey & Vegetables (Peas, Carrot, Zucchini) 780 kcal	Chilli con Carne (Beef) Butter Rice 740 kcal	PARENT TEACHER CONFERENCES NO SCHOOL	Grilled Chicken Boneless Drumstick with "Mlinci" (Pasta Tatters) 790 kcal	Fried Fish Fingers Steamed Vegetables (Carrot, Cauliflower, Broccoli & Potatoes) 870 kcal
Main Course Vege	Vege Lasagne (Peas, Carrot, Zucchini) 740 kcal	Stuffed Bel Peppers (Grated Potatoes & Cheese) 640 kcal		Eggplant and Soy Moussaka 590 kcal	Vegetable Stew with Homemade Dumplings (Green Peas, Chickpeas, & Carrot) 490 kcal
Salad	Seasonal Salad	Seasonal Salad		Seasonal Salad	Seasonal Salad
Dessert	Apricot Cake	Fruit		Fruit Yoghurt	Vanilla and Berries Muffin

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