


## AISZ LUNCH MENU

### November 22<sup>th</sup> – November 26<sup>th</sup>

#### Week B

November 22 - 26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Spaghetti Bolognese (Beef) 900 kcal	Turkey and Vegetables (Peas, Carrot, Zucchini) Lasagne 780 kcal	 <b>THANKSGIVING LUNCH</b> Sponsored by AISZ & Catering Kvatric Roasted Turkey & Turkey Fillet Mashed Potatoes Stuffing, Corn & Gravy Salad Pumpkin Pie	<b>THANKSGIVING BREAK</b>	
<b>Main Course Vege</b>	Creamy Pumpkin Mac'n'Cheese 820 kcal	Lentil and Potato Stew 450 kcal			
<b>Salad</b>	Seasonal Salad	Seasonal Salad			
<b>Dessert</b>	Fruit	Marble cake			

#### 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)

#### Weekly Choice of Sandwiches

Grilled Chicken Sandwich (Bun, Grilled Chicken Fillet, Mayonnaise, Tomato)  
 Fried Chicken sandwich (Bun, Fried Chicken Fillet, Mayonnaise, Lettuce)  
 Vegan 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)

#### Salad Dressings:

Yogurt Dressing: Yogurt, Lemon, Spices  
 Balsamic Vinegar & Honey: Balsamic Vinegar, Mustard, Honey, Oil, Spices