




**AISZ LUNCH MENU November 21<sup>st</sup> - November 25<sup>th</sup>**

November 21 - 25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 820 kcal	Chicken and Vegetable Risotto (Chicken, Onions, Carrots, Green Peas) 480 kcal	 <p><b>HAPPY THANKSGIVING!</b></p> <p><b>THANKSGIVING LUNCH</b> Sponsored by AISZ &amp; Catering Kvatrić Dessert provided by parents</p> <p>Roasted Turkey &amp; Turkey Fillet Mashed Potatoes Stuffing, Corn &amp; Gravy Salad</p>	<p><b>Thanksgiving Break</b></p>	
<b>Main Course Vege</b>	Oatmeal Pancakes with Seasonal Vegetables (Broccoli, Celery, Green Peas, Fresh Cheese) BBQ Sauce 780 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Couscous Salad 570 kcal			
<b>Dessert</b>	Fresh Fruit	Yogurt Pear Cake			
<b>Weekly Soups</b>	Clear Beef Soup/Creamy Carrot Soup 115 kcal/210 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Avocado Salmon Salad & Toasted Garlic Bread (Quinoa, Cherry Tomatoes, Red Onion, Vinaigrette Dressing) 250 kcal				
<b>Chef's Choice</b>	Chicken Okonomiyaki (Savoury Pancake, Cabbage, Chicken Fillet, Japanese Mayonnaise) 700 kcal	Beef Lasagne (Beef, Onions, Carrots, Celery, Béchamel Sauce, Parmesan Cheese) 683 kcal			

