



AISZ LUNCH MENU October 2nd- October 6th

October 2 - 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Roasted Chicken & "Mlinci" (Pasta Tatters) Sour Cream 760 kcal	Teacher PD Early Dismissal	Fall Student Conferences No School	Pork "Paprikash" (Stew) (Onion, Celery, Tomato) Potato Croquettes 567 kcal	Tomato Seafood Risotto 620 kcal
Main Course Vege	Vegetarian Ramen with Marinated Vegetables (Carrots, Pumpkin, Mushrooms) Noodles Chickpea Patties 540 kcal			Beetroot Risotto with Goat Cottage Cheese 410 kcal	Vege Ragout (Carrot, Sweet Potato, Tofu, Chickpeas) Homemade Pasta 570 kcal
Dessert	Chocolate Muffin			Fruit Yoghurt	Marble Cake
Weekly Soups	Clear Beef Soup and Noodles 215 kcal /Creamy Tomato Soup 210 kcal			Clear Beef Soup and Noodles 215 kcal / Creamy Tomato Soup 210 kcal	
Composed Salad & Bruschetta	American Cobb Salad (Lettuce, Fried Chicken Fillet, Blue Cheese, Hard Boiled Egg) 420 kcal			American Cobb Salad (Lettuce, Fried Chicken Fillet, Blue Cheese, Hard Boiled Egg) 420 kcal	
Chef's Choice	Stuffed Meatloaf (Beef, Cheese, Eggs) Baked Potatoes 710 kcal			Turkey & Vegetables Skewers (Onion, Zucchini, Eggplant) Mashed Sweet Potato 780 kcal	Chicken Katsu Curry (Green Beans, Carrots, Onions) Jasmine Rice 590 kcal

