



AISZ LUNCH MENU October 30th - November 3rd

October 30- November 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Teriyaki Chicken Wings French Fries Cole Slaw Salad 770 kcal	Teacher PD Early Dismissal	All Saints' Day	Green Beans & Veal Stew with Potatoes 520 kcal	Black Squid Risotto 670 kcal
Main Course Vege	Homemade "Štrukli" (Cottage Cheese & Cream Strudel) 780 kcal			Creamy Mac'n Cheese Grilled Broccoli 820 kcal	Vegetable Stew (Green Peas, Carrot) Homemade Dumplings 470 kcal
Dessert	Poppy Seed Cake			"Kremšnita" Vanilla Custard Slice	Fruit Yoghurt
Weekly Soups	Clear Beef Soup and Noodles 215 kcal /Creamy Carrot Soup 210 kcal			Clear Beef Soup and Noodles 215 kcal /Creamy Carrot Soup 210 kcal	
Composed Salad & Bruschetta	Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate) Yoghurt Dressing 360kcal			Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate) Yoghurt Dressing 360kcal	
Chef's Choice	Beef & Sweet Potato Moussaka 577 kcal			Ramen (Japanese meat-based Broth, Soya Sauce, Miso, Mushrooms, Egg, Pork Belly) Noodles 650 kcal	Chicken Makhana (Butter Chicken) Basmati Rice 500 kcal

