



**AISZ LUNCH MENU October 28<sup>th</sup> - November 1<sup>st</sup>**

October 28- November 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Beef Burritos (Ground beef, Onions, Garlic, Black Beans, Corn, Shredded Lettuce, Onions, Tomatoes, Grated Cheddar) 590 kcal	Chicken & Green Beans Stew (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika) 470 kcal	Teachers PD Early Dismissal	Fall students Conferences No School	All Saints' Day No School
<b>Main Course Vege</b>	Quinoa & Sautéed Vegetables (Bell Peppers, Onions, Garlic, Tomatoes) Vege Sausages 500 kcal	Vege Burger (Soy Flakes, Green Peas, Celery, Onions, Garlic) Roasted Potatoes & Vegetables (Bell Peppers, Onions, Zucchini) 460 kcal			
<b>Dessert</b>	Fruit	Fruit Yoghurt			
<b>Weekly Soups</b>	Chicken Soup with Noodles 215 kcal/ Broccoli Cream Soup & Croutons 250 Kcal				
<b>Composed Salad &amp; Bruschetta</b>	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Egg, Croutons, Cesar Dressing) 350 kcal				
<b>Chef's Choice</b>	Pasta Fagioli ( Kidney Beans, Carrots, Celery, Onions, Garlic, Tomato, Ditalini Pasta) Smoked Pork Sausage 525 kcal	Mixed Grill (Chevapchichi, Grilled Chicken Fillet, Turkey Skewers & Vegetables) Roasted Potatoes & Vegetables (Bell Peppers, Onions, Zucchini) 670 kcal			

