



**AISZ LUNCH MENU September 30<sup>th</sup>- October 4<sup>th</sup>**

September 30- October 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Roasted Chicken "Mlinci" (Pasta Tatters) Sour Cream 760 kcal	Veal & Vegetable Risotto (Onion, Celery, Carrots, Bell Peppers) 480 kcal	Kale Stew & Beef Patties (Kale, Carrots, Celery, Potato, Garlic) (Ground Beef, Onions, Garlic, Parsley) 520 kcal	Chilli Con Carne Tortilla Wrap (Beef, Onions, Tomatoes, Kidney Beans, Garlic) Mexican Rice (Rice, Onions, Garlic, Tomato Sauce, Green Peas, Carrots, Corn) 690 kcal	Fried Hake Fillet Swiss Chard & Potatoes 830 kcal
<b>Main Course Vege</b>	Vege Paella (Bell Peppers, Carrots, Kidney Beans, Corn, Onion, Garlic) 680 kcal	Grilled Tofu & Mediterranean Style Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 405 kcal	Vege Tortilla (Chickpeas, Beans, Onions, Peppers, Corn, Kidney Beans, Cheese) 490 kcal	Soy Medallions Mushrooms Sauce Homemade Gnocchi 750 kcal	Tofu & Vege Ragout (Tofu, Onions, Carrots, Celery, Zucchini, Brussel Sprouts) 360kcal
<b>Dessert</b>	Fruit Yoghurt	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fruit	Vanilla Pudding	Fruit Yoghurt
<b>Weekly Soups</b>	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 100 kcal/Creamy Carrot Soup & Crunchy Seeds 260 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Asian Chicken Salad (Peppers, Carrot, Cucumbers, Chicken Fillet) & Udon Noodles 270 kcal				
<b>Chef's Choice</b>	Beef Bourguignon (Beef, Onions, Garlic, Carrots, Champignons) Pappardelle 830 kcal	BBQ Pork Rack (Soya, BBQ Sauce, Ginger) French Fries Coleslaw Salad 720 kcal	Turkey Fillet Mushrooms Sauce Rigatoni 680 kcal	Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Noodles 700 kcal	Stuffed Bell Peppers (Beef) Mashed Potatoes with Crème Fraiche 740 kcal

