



**AISZ LUNCH MENU November 11<sup>th</sup>- November 15<sup>th</sup>**

November 11 - 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Beef & Vegetables Goulash (Potatoes, Onions, Carrots, Celery) 560 kcal	Fried Chicken Fillet Vegetable Risotto (Bell Peppers, Onions, Garlic, Tomatoes) 820 kcal	Pork "Paprikash" (Stew) (Onions, Celery, Garlic, Tomato Puree) Potato Croquettes 567 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	Teacher PD Early Dismissal
<b>Main Course Vege</b>	Vege Paella (Bell Peppers, Carrots, Kidney Beans, Corn, Onions, Garlic) 680 kcal	Chickpeas & Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal	Pasta "Šurlice" Mushrooms Sauce (Champignons, Chanterelle, Onions, Garlic, Parsley) 670 kcal	Vege & Soy Medallion Goulash (Soy Medallions, Kale, Chickpeas, Carrots, Celery, Garlic) 420 kcal	
<b>Dessert</b>	Fruit Yoghurt	Fresh Fruit	Chocolate Pudding	Fresh Fruit	
<b>Weekly Soups</b>	Creamy Cauliflower Soup 250 kcal/ Clear Chicken Soup with Noodles 150 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Royal Salad (Variety of Lettuce, Fried Tofu, Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
<b>Chef's Choice</b>	Pork & Vegetables Wok (Carrots, Bell Peppers, Onions, Cabbage, Zucchini) Basmati Rice 700 kcal	Meat Balls (Beef) Tomato Sauce Spaghetti 720 kcal	Roasted Chicken "Mlinci" Pasta Tatters 760 kcal	Tagliatelle Carbonara (Smoked Turkey Ham, Cream, Eggs) 820 kcal	

