



**AISZ LUNCH MENU November 18<sup>th</sup> - November 22<sup>nd</sup>**

November 18 - 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<b>Remembrance Day No School</b>	Veal & Vegetable Risotto (Onions, Mushrooms, Green Peas) 480 kcal	Chicken Pad Tai (Chicken, Onions, Garlic, Green Onions) Rice Noodles 620 kcal	Turkey & Crunchy Vegetables Wok (Carrots, Bell Peppers, Zucchini, Onions, Garlic) Noodles 700 kcal	Seafood Risotto (Seafood, Onions, Garlic, Parsley, Tomato Sauce) 670 kcal
<b>Main Course Vege</b>		Vege Stew & Grilled Vege Sausages (Cabbage, Carrots, Bell Peppers, Tomatoes, Onions, Garlic) Mashed Potatoes 680 kcal	Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	Stuffed Tomato (Grated Potatoes, Tofu, Sour Cream) Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Mushrooms, Green Peas Onions, Garlic, Tomato Sauce) Soy Béchamel 650 kcal
<b>Dessert</b>		Fresh Fruit	Fruit Salad (Apples, Pineapple, Pears, Kiwi, Oranges)	Fruit Yoghurt	Fresh Fruit
<b>Weekly Soups</b>		Minestrone Soup (Cauliflower, Broccoli, Green Peas) 203 kcal / Creamy Pumpkin Soup & Crunchy Seeds 160 kcal			
<b>Composed Salad &amp; Bruschetta</b>		Cesar Salad (Grilled Chicken Breast, Romaine Lettuce, Tomatoes, Pancetta, Boiled Eggs, Croutons, Cesar Dressing) 350 kcal			
<b>Chef's Choice</b>		Chicken Cordon Blue Gratinated Potatoes 720 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Béchamel Sauce with Parmesan Cheese 683 kcal	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal	Pull Pork Sandwich (Cheese, Lettuce, Tomato, Pickles, Honey Mustard Dip) French Fries 770 kcal

