




AISZ LUNCH MENU November 25th - November 29th

November 25 - 29	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken & Vegetables Skewers (Onion, Zucchini, Bell Peppers) Mashed Sweet Potatoes 780 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic, Tomato Sauce) Parmesan Cheese 670 kcal	 <p>THANKSGIVING LUNCH Sponsored by AISZ & Catering Kvatrić</p> <p>Dessert provided by parents</p> <p>Roasted Turkey & Turkey Fillet Mashed Potatoes Stuffing, Corn & Gravy Salad</p>	<p>Thanksgiving Weekend No School</p>	
Main Course Vege	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	Spinach à la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal			
Dessert	Fresh Fruit	Fruit Yoghurt			
Weekly Soups	Tomato soup with Croutons 255 kcal				
Composed Salad & Bruschetta	Salmon Salad & Toasted Garlic Bread (Salmon, Avocado, Cherry Tomatoes, Onions, Quinoa, Vinaigrette Dressing) 250 kcal				
Chef's Choice	Beef Brasato (Carrots, Celery, Onions, Red Paprika Powder, Garlic) Creamy Polenta 740 kcal	Pasta "Au Gratin" (Gratinated Pasta, Veal & Mushrooms) Parmesan Cheese 720 kcal			

