



AISZ LUNCH MENU January 20th- January 24th

January 20 - 24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Main Course	Chicken Curry (Chicken Fillet, Onions, Tomatoes, Garlic, Coconut Milk, Garam Masala, Ginger, Turmeric) Basmati Rice 500 kcal	Beef Burritos (Ground beef, Onions, Garlic, Black Beans, Corn, Shredded Lettuce, Onions, Tomatoes, Grated Cheddar) 590 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 670 kcal	Fried Chicken Strips Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal	Teacher PD Early Dismissal	
Main Course Vege	Vege Tortilla (Chickpeas, Beans, Onions, Peppers, Corn, Kidney Beans, Cheese) 490 kcal	Spinach à la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	Soy Medallions Mushrooms Sauce Homemade Gnocchi 750 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red paprika Powder. Coconut Milk) Basmati Rice 470 kcal		
Dessert	Fresh Fruit	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Jaffa Cake	Fruit Yoghurt		
Weekly Soups	Minestrone Soup (Cauliflower, Broccoli, Green Peas) 203 kcal/Creamy Carrot Soup & Crunchy Seeds 260 kcal					
Composed Salad & Bruschetta	Cesar Salad (Grilled Chicken Fillet, Romaine Lettuce, Tomatoes, Egg, Croutons, Cesar Dressing) 350 kcal					
Chef's Choice	Beef Bourguignon (Beef, Onions, Garlic, Carrots, Champignons) Pappardelle 830 kcal	Turkey Fillet Mushrooms Sauce Rigatoni 680 kcal	"Sarma" (Pork, Beef, Sauerkraut) Mashed Potato 790 kcal	Beef Brasato (Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal		

