



AISZ LUNCH MENU March 10th- March 14th

March 10 - 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Roasted Chicken Breast Gratinated Potatoes (Potatoes, Eggs & Cream) 720 kcal	Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Rice Noodles 700 kcal	Beef & Vegetables Tortilla (Zucchini, Bell Peppers, Corn) Mexican Rice (Rice, Onions, Garlic, Tomato Sauce, Green Peas, Carrots, Corn) 620 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic, Tomato Sauce) Parmesan Cheese 670 kcal	Teachers PD No School
Main Course Vege	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrot, Onion) Basmati Rice 590 kcal	Quinoa & Sautéed Vegetables (Bell Peppers, Onions, Garlic, Tomatoes) Vege Sausages 500 kcal	Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	
Dessert	Fresh Fruit	Marble Cake	Seasonal Fruit Salad (Pineapple, Oranges, Kiwi, Apple, Pear)	Chocolate Pudding	
Weekly Soups	Clear Beef Soup with Noodles 215 kcal/ Tomato Soup with Croutons 255 kcal				
Composed Salad & Bruschetta	Royal Salad (Variety of Lettuce, Fried Tofu Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
Chef's Choice	"Čobanac"- Shepard's Stew with Dumplings (Beef, Pork, Carrots, Onions, Garlic, Tomato Sauce, Bay Leaf) 650 kcal	Slow-Cooked Beef Sautéed Vegetables (Potatoes, Broccoli, Carrots, cauliflower) Horseradish Sauce 650 kcal	Teriyaki Chicken Wings Roasted Potatoes 710 kcal	Chicken Nuggets French Fries Waldorf Salad (Celery, Apples, Mayo) 670 kcal	

