



## AISZ LUNCH MENU September 15<sup>th</sup> - September 19<sup>th</sup>

September 15 - 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Pad Thai (Chicken Fillet, Bell Peppers, Spring Onions, Garlic) Rice Noodles 620 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Bechamel Sauce with Parmesan Cheese 683 kcal	Gratin Piadina with Grilled Turkey Fillet & Vegetables (Zucchini, Bell Peppers, Corn, Cheese) 520 kcal	Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal	Teacher PD Student Early Dismissal
Main Course Vege	Marinated Seitan & Vegetables Skewers (Eggplant, Zucchini, Bell Peppers) Sweet Corn Puree 670 kcal	Fried Savoury Pancakes (Bell Peppers, Zucchini, Eggplant, Tomatoes,, Onions, Garlic, Smoked Tofu) 690 kcal	Zucchini Patties (Zucchini, Onions, Garlic, Soy Flakes, Parsley, Carrots) Mediterranean Style Pasta (Onions, Bell Peppers, Carrots, Garlic, Tomatoes) Pappardelle 455 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Green Peas, Mushrooms, Onions, Garlic, Tomato Sauce) Soy Bechamel 680 kcal	
Dessert	Fresh Fruit	Vanilla Pudding	Apple Strudel	Fruit Yoghurt	
Weekly Soups	Tomato Soup with Croutons 255 kcal/Fish Soup with Rice 150 kcal				
Composed Salad & Bruschetta	Tuna & Vegetables Salad (Tuna, Arugula, Zucchini Noodles, Radicchio, Tomatoes, Pesto, Grana Padano, Garlic Croutons, Miso Dressing) 290 kcal				
Chef's Choice	Katsudon (Deep Fried Pork Cutlet, Eggs, Tonkatsu Sauce) Jasmin Rice 670 kcal	Fried Chicken Fillet Vegetable Risotto (Bell Peppers, Eggplants, Zucchini, Tomatoes, Onions, Garlic ) 820 kcal	Beef Stew (Beef, Carrots, Onions, Garlic, Potatoes, Tomato Sauce, Red Paprika Powder, Bay Leaf) 580 kcal	Chicken Gyros (Pita Bread, Marinated Grilled Chicken, Lettuce, Tomato, Bell Peppers, Cabbage) Tzatziki (Greek Yoghurt, Garlic, Cucumbers, Parsley) 650 kcal	

