



AISZ LUNCH MENU April 14th- April 18th

April 14 - 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Roasted Chicken "Mlinci"(Pasta Tatters) Crème Fraiche 760 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Bechamel Sauce Parmesan Cheese 683 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Chicken Cordon Blue (Cheese, Turkey Ham) Buttered Vegetables (Broccoli, Cauliflower, Carrots, Potatoes) 720 kcal	Teacher PD Early Dismissal Spring Break
Main Course Vege	Tofu & Vege Ragout (Carrots, Tofu, Onions, Celery, Zucchini, Brussel Sprouts) 360 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati rice 470 kcal	Vege Tortilla (Chickpeas, Beans, Onions, Peppers, Corn, Kidney Beans, Cheese) 490 kcal	Vege Paella (Corn, Kidney Beans, Bell Pepper, Carrots, Onions, Garlic) 680 kcal	
Dessert	Fresh Fruit	Vanilla Pudding	Jaffa Cake	Fresh Fruit	
Weekly Soups	Chicken Soup & Dumplings 215 kcal/Creamy Tomato Soup & 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	Beef Brasato (Beef, Carrots, Celery, Red Paprika Powder, Onions, Garlic) Creamy Polenta 740 kcal	Pork "Paprikash" (Stew) Rigatoni (Onion, Celery, Garlic, Tomato Puree) 557 kcal	Veal & Vegetable Stew (Veal, Leek, Potatoes, Celery, Carrots, Parsley, Red Paprika Powder) 560 kcal	Spaghetti Bolognese (Beef) (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 670 kcal	

