



AISZ LUNCH MENU November 17th - November 21st

November 17 - 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey & Crunchy Vegetables Wok (Carrots, Bell Peppers, Zucchini, Onions, Garlic) Noodles 700 kcal	Remembrance Day No School	Veal & Vegetable Risotto (Onions, Mushrooms, Green Peas) 480 kcal	Chicken Pad Tai (Chicken, Onions, Garlic, Green Onions) Noodles 620 kcal	Seafood Risotto (Seafood, Onions, Garlic, Parsley, Tomato Sauce) 670 kcal
Main Course Vege	Vege Stew & Grilled Vege Sausages (Cabbage, Carrots, Bell Peppers, Tomatoes, Onions, Garlic) Mashed Potatoes 680 kcal		Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	Ricotta Cheese Tortellini Garlic Crème Sauce (Crème, Garlic, Parsley) Sautéed Broccoli, Cauliflower, Carrots 510 kcal	Vege Lasagne (Soy Flakes, Carrots, Zucchini, Mushrooms, Green Peas Onions, Garlic, Tomato Sauce) Soy Béchamel 650 kcal
Dessert	Fresh Fruit		Vanilla Pudding	Cheesecake	Fruit Yoghurt
Weekly Soups	Veal Soup with Dumplings 250 kcal		Veal Soup with Dumplings 250 kcal/Creamy Broccoli Soup & Croutons 260 kcal		
Composed Salad & Bruschetta	Cesar Salad 350 kcal		Cesar Salad (Grilled Chicken Breast, Romaine Lettuce, Tomatoes, Pancetta, Boiled Eggs, Croutons, Cesar Dressing) 350 kcal		
Chef's Choice	Vindaloo Curry (Beef, Tomato Paste, Ginger, Coriander) Rice 490 kcal		Gratinated Chicken Fillet (Chicken Fillet, Tomatoes, Cheese) Sautéed Vegetables (Carrots, Broccoli, Cauliflower, Potatoes) 580 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic) Béchamel Sauce with Parmesan Cheese 683 kcal	Beef Burger (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) French Fries 740 kcal

