



**AISZ LUNCH MENU January 19<sup>th</sup> - January 23<sup>rd</sup>**

January 19 - 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Spaghetti Bolognese (Beef, Onions, Carrots, Celery, Garlic, Tomato Sauce) Parmesan Cheese 740 kcal	Chicken & Green Beans Stew (Green Beans, Carrots, Celery, Potatoes, Onions, Garlic, Red Paprika Powder) 470 kcal	Pork "Paprikash" (Stew) (Onion, Celery, Garlic, Tomato Puree) Gnocchi 557 kcal	Chicken Makhana Basmati Rice 500 kcal	Teacher PD Student Early Dismissal
<b>Main Course Vege</b>	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrots, Onion, Garlic) Basmati Rice 590 kcal	Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	Forest Mushroom Risotto Parmesan Cheese 570 kcal	Spinach a la Crème Mashed Potatoes Fried Egg 420 kcal	
<b>Dessert</b>	Fresh Fruit	Marble Cake	Fruit Yoghurt	Vanilla Puding	
<b>Weekly Soups</b>	Clear Beef Soup with Noodles 215 kcal /Creamy Pumpkin Soup & Crunchy Seeds 160 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Royal Salad (Variety of Lettuce, Fried Tofu Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
<b>Chef's Choice</b>	Katsudon (Deep Fried Pork Cutlets, Eggs, Tonkatsu Sauce) Jasmine Rice 670 kcal	Istrian " Žgvacet " Veal & Vegetables Ragout (Celery, Carrots, Onions, Tomato Sauce) Rigatoni 670 kcal	Fried Chicken Fillet & Buttered Vegetables (Broccoli, Bell Peppers, Cauliflower, Carrots, Green Beans) 720 kcal	Beef Lasagne (Beef, Carrots, Onions, Garlic, Tomato Sauce) Bechamel Sauce with Parmesan Cheese 683 kcal	

