

AISZ LUNCH MENU
June 13th – June 17th
Week A

June 13 – 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Pork Neck Gratinated Potatoes 820 kcal	Fried Chicken Fillet Green Peas Risotto 740 kcal	LAST DAY OF SCHOOL EARLY DISSMISAL	SUMMER BREAK	
Main Course Vege	Falafel Bowl Hummus, Seasonal Vegetables & Yoghurt Dressing 420 kcal	Orzotto with Mushrooms (Champignon, Chanterelle) 670 kcal			
Salad	Seasonal Salad	Seasonal Salad			
Dessert	Fruit	Strawberry Cake			

Weekly Choice of Salads

Caesar Salad (Variety of Lettuce, Grilled Chicken Fillet, Bacon, Croutons, Eggs, Caesar Dressing)
Royal Salad (Variety of Lettuce, Grilled Chicken Fillet, Vegetables & Mushrooms, Dressing of Choice)
Greek Salad (Vegetables, Olives, Feta Cheese, Olive Oil & Vinegar Dressing)
Tuna Salad (Pasta, Fresh Vegetables, Tuna, Olive Oil, Lemon, Mayonnaise)

Weekly Choice of Sandwiches

Grilled Chicken Sandwich (Bun, Grilled Chicken Fillet, Mayonnaise, Tomato)
Fried Chicken Sandwich (Bun, Fried Chicken Fillet, Mayonnaise, Lettuce)
Vegan Sandwich (Wholegrain Toast, Hummus, Grilled and Marinated Vegetables, Baby Spinach)
Breakfast Sandwich (Bun, Smoked Turkey Ham, Eggs, Lettuce, Tomato, Cheese, Mayonnaise)
Tuna Sandwich (Bun, Tuna, Fresh Vegetables, Olive Oil, Lemon, Mayonnaise)

Salad Dressings:

Yogurt Dressing: Yogurt, Lemon, Spices
Balsamic Vinegar & Honey: Balsamic Vinegar, Mustard, Honey, Oil, Spices