



AISZ LUNCH MENU October 27th - October 31st

October 27 – 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Green Beans & Veal Stew with Potatoes (Green Beans, Carrots, Celery, Onion, Garlic, Red Paprika) 520 kcal	Beans Stew with Smoked Pork Neck (Kidney Beans, Onions, Garlic, Carrots, Bay Leaf) 668 kcal	Fried Chicken Fillet Mashed Potatoes Spinach a la Crème 540 kcal	Fall Students Conferences No School	Student Early Dismissal
Main Course Vege	Spinach a la Crème (Spinach, Creme, Garlic) Mashed Potatoes Fried Egg 420 kcal	Homemade Gnocchi Cheese Sauce Grilled Broccoli 910 kcal	Falafel Bowl with Fresh Vegetables (Lettuce, Tomato, Cucumber, Pomegranate) Yoghurt Dressing 490 kcal		
Dessert	Fresh Fruit	Apple Strudel	Fruit Yoghurt		
Weekly Soups	Veal Soup with Noodles 170 kcal/ Broccoli Cream Soup & Croutons 250 Kcal				
Composed Salad & Bruschetta	Grilled Chicken & Vegetables Bowl (Grilled Chicken, Bell Peppers, Zucchini, Eggplant, Arugula, Romaine Lettuce, Chery Tomatoes, Quinoa) 275 kcal				
Chef’s Choice	Roasted Turkey Breast Pumpkin Puree & Sautéed Green Beans 620 kcal	Meat Balls (Beef) Tomato Sauce Mashed Potatoes 720 kcal	Beef Burritos (Ground Beef, Onions, Garlic, Black Beans, Corn, Shredded Lettuce, Onions, Tomatoes, Grated Cheddar) 590 kcal		

