



AISZ LUNCH MENU May 11th - May 15th

May 11 – 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey & Crunchy Vegetables Wok (Carrot, Peppers, Zucchini) Udon Noodles 700 kcal	Meat Balls (Beef) Tomato Sauce Mashed Potatoes 720 kcal	Grilled Chicken Fillet Potato Croquettes Dill Sauce (Chicken Broth, Crème Fraiche, Dill, Garlic) 580 kcal	Beef Bourguignon (Onions, Carrots, Garlic, Mushrooms) Homemade Gnocchi 830 kcal	Teacher PD Student Early Dismissal
Main Course Vege	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	Tofu & Vege Ragout (Carrot, Tofu, Onions, Celery, Zucchini, Brussel Sprouts) 360 kcal	Vege Moussaka (Sweet Potato, Soy Flakes, Onions, Carrots, Green Beans) 600 kcal	Spinach a la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	
Dessert	Fresh Fruit	Blueberry Muffin	Fresh Fruit	Fruit Yoghurt	
Weekly Soups	Clear Beef Soup with Noodles 215 kcal/ Tomato Soup with Croutons 255 kcal				
Composed Salad & Bruschetta	Mexican Salad (Black Beans, Sweet Potatoes, Tomatoes, Cottage Cheese), Tortilla Strips, Lime Yogurt Dressing) 275 kcal				
Chef's Choice	Beef Burritos (Ground Beef, Onions, Garlic, Beans, Corn, Lettuce, Tomatoes, Grated Cheddar Cheese) 590 kcal	Chicken Pad Tai (Chicken, Onions, Garlic, Green Onions) Rice Noodles 620 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Chicken & Vegetables Skewers (Onion, Zucchini, Bell Peppers) Pommes Frites 780 kcal	

