



AISZ LUNCH MENU March 30th - April 3rd

March 30 – April 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Curry (Chicken Fillet, Onions, Tomatoes, Garlic, Coconut Milk, Garam Masala, Ginger, Turmeric) Basmati rice 500 kcal	Beef Stew (Beef, Carrots, Onions, Garlic, Potatoes, Tomato Sauce, Red Paprika Powder, Bay Leaf) 580 kcal	Roasted Chicken & "Mlinci" (Pasta Tatters) 760 kcal	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 708 kcal	Teacher PD Student Early Dismissal Spring Break
Main Course Vege	Spinach a la Crème (Spinach, Crème, Garlic) Mashed Potatoes Fried Egg 420 kcal	Vege Tortilla (Chickpeas, Beans, Onions, Peppers, Corn, Kidney Beans, Cheese) 490 kcal	Vege Paella (Corn, Kidney Beans, Bell Pepper, Carrots, Onions, Garlic) 680 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	
Dessert	Fresh Fruit	Berry Yogurt Cake	Fresh Fruit	Fruit Yogurt	
Weekly Soups	Creamy Carrot Soup 210 kcal / Clear Beef Soup and Noodles 215 kcal				
Composed Salad & Bruschetta	Royal Chicken Salad (Variety of Lettuce, Grilled Chicken Fillet, Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 420 kcal				
Chef's Choice	Green Beans & Veal Stew with Potatoes (Green Beans, Carrots, Celery, Onion, Garlic, Red Paprika) 520 kcal	Gratin Piadina with Grilled Turkey Fillet & Vegetables (Zucchini, Bell Peppers, Corn) 700kcal	Beef Bourguignon (Beef, Carrots, Onions, Champignons, Garlic) Homemade Gnocchi 830 kcal	Spaghetti Bolognese (Beef, Onions, Carrots, Celery, Garlic) Parmesan Cheese 670 kcal	

