



## AISZ LUNCH MENU May 26<sup>th</sup> - May 30<sup>th</sup>

May 26 - 30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Veal & Vegetable Risotto (Onions, Mushrooms, Green Peas) 480 kcal	Grilled Chicken Stripes Pappardelle Mushroom Sauce (Champignons, Onions, Garlic, Thyme, Crème Fraiche) 650 kcal	Roasted Turkey Breast Pumpkin Puree Sautéed Green Beans 620 kcal	Beef Stew (Beef, Carrots, Onions, Garlic, Potatoes, Tomato Sauce, Red Paprika Powder, Bay Leaf) 580 kcal	Statehood Day No School
Main Course Vege	Fried Zucchini Moroccan Couscous (Bell Peppers, Cucumbers, Chickpeas, Onions, Parsley, Lemon) 650 kcal	Chickpeas and Barley Stew (Chickpeas, Pearl Barley, Sweet Potatoes, Carrots, Celery, Onions, Garlic, Parsley, Thyme) 510 kcal	Vege Paella (Corn, Kidney Beans, Bell Pepper, Carrots, Onions, Garlic) 680 kcal	Kale Stew (Kale, Carrots, Celery, Garlic, Potatoes) Chickpeas Patties (Chickpeas, Carrots, Onions, Garlic, Parsley) 680 kcal	
Dessert	Fresh Fruit	Cheesecake	Fruit Yoghurt	Fruit Salad (Pineapple, Kiwi, Apple, Grapes, Pear)	
Weekly Soups	Creamy Carrot Soup 210 kcal / Clear Beef Soup and Noodles 215 kcal				
Composed Salad & Bruschetta	Royal Salad (Variety of Lettuce, Fried Tofu Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
Chef's Choice	Grilled Turkey Fillet Stripes Cheese Sauce (Gouda, Gorgonzola, Parmesan, Smoked Gouda Cheese, Crème Fraiche) Gnocchi 750 kcal	Chili Con Carne Tortilla Wrap (Beef, Onions, Tomatoes, Kidney Beans, Garlic) Mexican Rice (Rice, Onions, Garlic, Tomato Sauce, Green Peas, Carrots, Corn) 690 kcal	Red Kidney Beans Stew with Smoked Pork Neck (Carrots, Onions, Garlic, Red Paprika Powder) 780 kcal	Turkey & Vegetable Skewers (Onions, Zucchini, Bell Peppers) French Fries Coleslaw Salad 780 kcal	

