

**AISZ LUNCH MENU March 16<sup>th</sup>- March 20<sup>th</sup>**

March 16 - 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Chow Mein (Stir Fry Noodles) (Fried Chicken Fillet, Bell Peppers, Cabbage, Carrots, Garlic, Spring Onions, Soy Sauce, Oyster Sauce) 554 kcal	Irish Stew (Beef, Lamb, Carrots, Celery, Cabbage, Potatoes, Onions, Garlic, Bye Leaf, Thyme) 497 kcal	Roasted Chicken Breast Gratinated Potatoes (Potatoes, Eggs & Cream) 720 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic, Tomato Sauce) Parmesan Cheese 670 kcal	
<b>Main Course Vege</b>	Vegetable & Tofu Curry (Cauliflower, Green Beans, Carrot, Onion) Basmati Rice 590 kcal	Grilled Tofu Colcannon (Kale, Mashed Potatoes, Onions, Crème Fraîche) 420 kcal	Savory Spinach Pie (Phyllo Pastry, Spinach, Cottage Cheese, Eggs, Yogurt, Nutmeg) 480 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red Paprika Powder, Coconut Milk) Basmati Rice 470 kcal	
<b>Dessert</b>	Fresh Fruit	Blueberry Muffin	Seasonal Fruit Salad (Pineapple, Oranges, Kiwi, Apple, Pear)	Fresh Fruit	Teachers PD Student Early Dismissal
<b>Weekly Soups</b>	Chicken Soup with Noodles 215 kcal / Tomato Soup with Croutons 255 kcal				
<b>Composed Salad &amp; Bruschetta</b>	Royal Salad (Variety of Lettuce, Fried Tofu Cheese, Grilled Vegetables, Miso Dressing, Pumpkin Crumble) 360 kcal				
<b>Chef's Choice</b>	Grilled Pork Neck Crispy Roasted Parmesan Potatoes 738 kcal	Teriyaki Chicken Wings Roasted Potatoes 710 kcal	Beef & Vegetables Tortilla (Zucchini, Bell Peppers, Corn) Mexican Rice (Rice, Onions, Garlic, Tomato Sauce, Green Peas, Carrots, Corn) 620 kcal	Chicken Nuggets French Fries Waldorf Salad (Celery, Apples, Mayo) 670 kcal	

