



AIS CAFÉ

WEEKLY FOOD PLAN

*sandwich, wraps, fruit salad, salads, croissants and beverages everyday

WEEK 1

SUN	Italian meatball w/ spaghetti Beef stew Caesar salad
MON	Shepherd pie Roast chicken grilled w/ veg Quinoa salad
TUE	Pizza Biryani Veggie Noodles Tuna salad
WED	Spaghetti Bolognese Beef Stroganoff w/ rice Beetroot salad
THU	Lasagna Greek salad

WEEK 2

SUN	Pizza Biryani Veggie Noodles Green salad
MON	Spaghetti Bolognese Beef Stroganoff w/ rice Caesar salad
TUE	Italian meatball w/ spaghetti Beef stew Quinoa salad
WED	Beef Slices w/ Potatoes Creamy Pasta w/ Broccoli Beetroot salad
THU	Lasagna Greek salad

WEEK 3

SUN	Chicken w/ Mushroom sauce Penne pasta Greek salad
MON	Beef Slices w/ Potatoes Creamy Pasta w/ Broccoli Green salad
TUE	Butter Chicken w/ Rice Alfredo Tabbouleh
WED	Shepherd pie Biryani Caesar salad
THU	Lasagna Quinoa salad

WEEK 4

SUN	Butter Chicken w/ Rice Alfredo Tabbouleh
MON	Shepherd pie Roast chicken w/ Potato wedges Quinoa salad
TUE	Chicken w/ Mushroom sauce Penne pasta Tuna salad
WED	Italian meatball Biryani Caesar salad
THU	Lasagna Greek salad