

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Roasted Veg Pasta [G] Dal Tadka [Mu, Su] with Jeera Rice	Chilli Paneer Wraps [D,G] Mixed Bean Curry [Su] with Pilau Rice	Enchiladas [D,G] Vegetable Sambar [Mu] & Steamed Rice	Lasagna [D,G] Kadhi [D, Mu, Su] and Peas Pulao	Pizza [D,G] & Chips Khichidi [Mu] & Yoghurt [D]
	Sides	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits
	Dessert	Fruit Yoghurt [D]	Creamy Rice Pudding [D]	Cake of the Day [D,G,Su]	Fruit Crumble [D,G] and Custard [D]	Ice Cream [D]
WEEK 2	Main Option	Mac & Cheese [D,G] Panchmela Dal [Mu, Su] & Rice	Sausage [G, S, Su] Mash [D] & Gravy [S] Aloo Matar [Mu, Su] with Rice & Naan [G]	Burger [D,G, Su] with Wedges Dal Makhani [D] & Jeera Pulao	Mexican Bean Wrap [D,G] Pav [D,G] Bhaji [Su]	Pizza [D,G] & Chips Green Moong Dal [Mu] & Rice
	Sides	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits
	Dessert	Fruit Yoghurt [D]	Fruit Jelly	Chocolate Cake [D,G, Su]	Flapjack [D,G]	Ice Cream [D]
WEEK 3	Main Option	Spaghetti Bolognese [D,G] Zucchini Chana Dal [Mu,Su] & Rice	Shepherd's Pie [D,G,Su] Channa Masala [Mu,Su] with Rice/Naan [G]	Tacos with Cheesy Beans [D] Spinach, Sweetcorn & Paneer [D] With Jeera Rice	Tomato Cream Soup [D] and Herb Bread [G] Black Eye Beans [Mu,Su] & Rice	Pizza [D,G] & Chips Dal Palak [Mu,Su] with Rice
	Sides	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits	Greens & Salad of the day Fresh salad bar, bread [G] & fruits
	Dessert	Fruit Yoghurt [D]	Cinnamon Puff Pastry [D,G]	Banana Date Cake [D,G,Su]	Vanilla Choco Chip Cookie [D,G]	Ice Cream [D]

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1: 1/9, 22/9, 13/10, 17/11, 8/12, 19/1, 9/2

Week 2: 8/9, 29/9, 3/11, 24/11, 5/1, 26/1,

Week 3: 15/9, 6/10, 10/11, 1/12, 12/1, 2/2

Ekadashi Dates*: 3/9, 17/9, 3/10, 17/10, 1/12

*Menus will be changed for these dates to suit Ekadashi