

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Options	Tomato Basil Spaghetti (D,G,Ce) Panchmela Dal & Rice (Mu)	Veg Thai Curry with Rice Aloo Mutter & Naan (D,G)	Veg Tart (D,G,Ce) Idli Sambhar & Rice (Mu)	Chilli Paneer Wrap (D,G) Veg Kadhi & Rice (D,Mu)	Pizza & Chips (D,G,Ce) Biryani with Poppadom & Yoghurt (D)
	Sides	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit
	Dessert	Yoghurt Pot (D)	Vanilla Cake (D,G)	Cookies (D,G)	Lado (D)	Ice Cream (D)
WEEK 2	Main Options	Mac & Cheese (D,G,Mu) Yellow Dal & Rice (Mu)	Lasagne (D,G,Mu,Ce) Kidney Beans & Sweetcorn Curry with Rice	Quesadillas (D,G) Pav Bhaji (D,G)	Tacos (D) Black Eye Beans, Rice & Dhokla (Mu)	Pizza & Chips (D,G,Ce) Khichadi with Poppadom & Yoghurt (D,Mu)
	Sides	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit
	Dessert	Fruit Yoghurt (D)	Jam Scone (D,G)	Cinnamon Puff (D,G)	Flapjack (D,G)	Ice Cream(D)
WEEK 3	Main Options	Tomato Basil Pasta (D,G,Ce) Green Mung & Rice (Mu)	Dabli with Dhokla (G) Kadhi & Veg with Rice (D,Mu)	Pesto Panini (D,G) Dal Makhani & Rice (D)	Puff Pastry (G) Mixed Veg Curry & Naan (D,G)	Pizza & Chips (D,G,Ce) Veg Rice with Poppadom & Yoghurt
	Sides	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit	Greens of the day Assorted Salads, Bread & Fruit
	Dessert	Berry Yoghurt (D)	Jelly	Cheesecake (D,G)	Rice Pudding (D)	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 commencing: 2/9, 23/9, 4/10, 18/11, 9/12, 20/1, 10/2
 Week 2 commencing: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1
 Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2