



Week 1

01.01.18
22.01.18
19.02.18
12.03.18

MONDAY 1
Penne, Tomato and Basil Cheese Bake
or
Vegetable Samba and Lemon Rice
-xx-
Mixed Berry Yoghurt
xx
Assorted Salad

TUESDAY 1
Mexican Tacos
xx
Mixed Beans with Jeera Rice
-xx-
Pineapple Sponge with Coconut Icing
Xx
Assorted Salads

WEDNESDAY 1
Veggy Noodle Stir Fry
or
Okra Pepper and Potato Subji and Rice
-xx-
Fruit Salad with Whipped Vanilla Cream
Xx
Assorted Salads

THURSDAY 1
Spicy Yoghurt and Chickpea Wrap
or
Chilli and Sweetcorn Paneer and Naan
-xx-
Puff Pastry Cinnamon Swirl
Xx
Assorted Salads

FRIDAY 1
Marguerita Pizza
Or
Biryani with Yoghurt and Poppadum
-xx-
Chocolate Ice cream
Xx
Assorted Salads



Week 2

08.01.18
29.01.18
26.02.18
19.03.18

MONDAY 2
Vegetable Spaghetti Bolognaise
-xx-
Cauliflower and Potato Subji with Rice
-xx-
Cocoa Krispies
Xx
Assorted Salads

TUESDAY 2
Vege Burger with Fresh Tomato Sauce
Or
Vegetable Kadhi with Pilau Rice
-xx-
Creamed Rice Pudding with Fruit Jam
Xx
Assorted Salads

WEDNESDAY 2
Spinach Coconut and Chickpea Pie
or
Indian Style Stuffed Pitta
-xx-
Cranberry and White Chocolate Oat Cookies
Xx
Assorted Salads

THURSDAY 2
Pepper and Bean Fajitas
or
Chana Masala and Rice
-xx-
Chocolate Bessan Ladoo
-xx-
Assorted Salads

FRIDAY 2
Peppers and Sweetcorn Pizza
or
Mong dal Khichdi with Yoghurt and Poppadum
-xx-
Fruit Jelly
Xx
Assorted Salads



Week 3

15.01.18
05.02.18
05.03.18
26.03.18

MONDAY 3
Jacket Potato with Cheese and Beans
XX
Tarka Dal with Rice
-xx-
Coconut Barfi
Xx
Assorted Salads

TUESDAY 3
Vegetarian Paella
or
Bombay Pav Bhaji
-xx-
Apple Crumble with Custard
-xx-
Assorted Salads

WEDNESDAY 3
Macaroni Cheese
xx
Vegetable Korma Paneer and Rice
-xx-
Banana Cake
Xx
Assorted Salads

THURSDAY 3
Baked Quesadilla with Refried Beans and Cheese
or
Whole Mung Dal and Rice
-xx-
XXXXX
-xx-
Halva
Xx
Assorted Salads

FRIDAY 3
Fresh Tomato and Olive Pizza
or
Chinese Style Fried Vegetable Rice
-xx-
Vanilla Ice Cream
-xx-
Assorted Salads

