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MONDAY 1

Penne, Tomato & Basil
Cheese Bake
or
Vegetable Sambhar
with Lemon Rice
•••
Fruit Yoghurt
•••
Assorted Salad

TUESDAY 1

Mexican Tacos
or
Mixed Beans
with Jeera Rice
•••
Pineapple Sponge
with Coconut Icing
•••
Assorted Salads

WEDNESDAY 1

Veggie Noodle Stir Fry
or
Okra, Pepper & Potato
Subji with Rice
•••
Fruit Salad with
Whipped Vanilla Cream
•••
Assorted Salads

THURSDAY 1

Spicy Yoghurt &
Chickpea Wrap
or
Chilli & Sweetcorn
Paneer & Naan
•••
Cranberry & Choco
Chip Cookie
•••
Assorted Salads

FRIDAY 1

Margherita Pizza
or
Biryani with Yoghurt
& Poppadum
•••
Ice cream
•••
Assorted Salads

MONDAY 2

Vegetable Spaghetti
Bolognaise
or
Cauliflower & Potato
Subji with Rice
•••
Apple Crumble with
Custard
•••
Assorted Salads

TUESDAY 2

Veggie Burger with
BBQ Sauce
or
Tarka Dal Fry with Rice
•••
Creamed Rice Pudding
with Fruit Jam
•••
Assorted Salads

WEDNESDAY 2

Spinach Coconut &
Vegetable Pie
or
Veg Kadhi & Pilau Rice
•••
Cinnamon Swirl
•••
Assorted Salads

THURSDAY 2

Veggie Fajitas
or
Chana Masala & Rice
•••
Chocolate Besan
Square
•••
Assorted Salads

FRIDAY 2

Peppers & Sweetcorn
Pizza
or
Mong dal Khichdi with
Yoghurt & Poppadum
•••
Fruit Jelly
•••
Assorted Salads

MONDAY 3

Jacket Potato with
Cheese & Beans
or
Kadhi & Butter Jeera
Rice
•••
Halva
•••
Assorted Salads

TUESDAY 3

Mexican Nacho
with Cheese
or
Bombay Pav Bhaji
•••
Choco Crispies
•••
Assorted Salads

WEDNESDAY 3

Macaroni Cheese
or
Veg Korma with Paneer
& Rice
•••
Banana Cake
•••
Assorted Salads

THURSDAY 3

Baked Quesadilla with
Refried Beans & Cheese
or
Whole Mung Dal
& Butter Rice
•••
Coconut Burfi
•••
Assorted Salads

FRIDAY 3

Fresh Tomato & Olive
Pizza
or
Chinese Style
Vegetable Fried Rice
•••
Ice Cream
•••
Assorted Salads