

# FOOD JUNCTION

GOVINDA'S  
Vegetarian School Meals

## MONDAY

Tomato & basil pasta bake  
\*\*\*  
Moong Dhal with steamed rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Figs Pudding Sponge with Butterscotch sauce

## TUESDAY

Aubergine parmigiana  
\*\*\*  
Chana masala curry with naan bread  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Fruit Jelly

## WEDNESDAY

Veggie Tofu Noodle Stir Fry  
\*\*\*  
Kadhi with pilau rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Chocolate brownie

## THURSDAY

Veggie Dogs with Coleslaw & Mixed salad  
\*\*\*  
Dhal makhani & Naan  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Cinnamon puff pastries

## FRIDAY

Assorted Pizza & chips  
\*\*\*  
Vegetable stew with rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Ice cream of the day

## WEEK 1

Veggies sausage & mash with gravy  
\*\*\*  
Cauliflower & pea subji with rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Carrot cake

Veggie shepherd pie  
\*\*\*  
Chowpatty Pav bhajis  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Apple Crumble with custard

Jacket Potato & Baked Beans  
\*\*\*  
Shahi Rajma with rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Cranberry & Chocolate cookie

Cheese & Tomato Panini Melt  
\*\*\*  
Aloo mutter paneer with fragrant rice & naan  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Chocolate Mousse

Assorted Pizza & Chips  
\*\*\*  
Dhal fry and masala rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
vanilla ice cream

## WEEK 2

Macaroni & cheese  
\*\*\*  
Vegetable Korma with rice & Naan  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Mango Yoghurt

Mexican Nachos  
\*\*\*  
Yellow Mung Daal with coconut rice  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Cheesecake

Currywurst in wholemeal rolls  
\*\*\*  
Vegetable biriyani  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Chocolate Cookie

Vegetarian Lasagne  
\*\*\*  
Uttappam & sambar  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Jam Coconut Sponge with custard

Assorted Pizza & chips  
\*\*\*  
Vegetable Khichdi  
\*\*\*  
Assorted Sandwich  
\*\*\*  
Seasonal Vegetables  
\*\*\*  
Ice cream of the day

## WEEK 3