



AVANTI PARK
SCHOOL

Govinda's Autumn Menu

Avanti Park School

Frome

2021

Vegetarian Food

All meals are cooked on site using fresh produce delivered daily to our kitchen in Frome. We solely offer vegetarian meals and do not use following ingredients in our cooking: Eggs, Meat, Fish, Nuts, Onion, Leeks, Garlic, Mushroom's and Nuts.

We have a fresh daily salad bar which accompanies each meal and children may choose on the day which salads they would like to add to their meal as well as fresh bread.

We offer around 6 salads each lunchtime and the children can choose any they like. Here are some of the salads we offer:

Grated Carrot, Chopped Cucumber, Chopped Cherry Tomatoes, Chopped Mixed Pepper, Baby Salad Leaves and Dressing, Potato Salad, Pasta Salad, Couscous Salad, Quinoa Salad, Mixed Bean Salad, Green Bean Salad, Coleslaw and Toasted Seeds in gluten free soya sauce.

We endeavour to add as little sugar to our desserts and meals and choose to sweeten with dates, maple syrup, fruits and honey where possible.

We offer organic Yeo Valley fruit yoghurts daily as a dessert alternative as well as unlimited fruit for the children to enjoy.

Feta and Butternut Squash Pie with Mashed Potatoes, Seasonal Veg and Salad

Pie

Spinach, Butternut squash, Feta cheese, Oregano, Basil, Sesame seeds, Puff pastry
Salt and Pepper.

Mash Potato, Milk, Butter, Nutmeg.

Mac and Cheese with Seasonal Vegetables and Salad

Macaroni wheat pasta – Gluten free pasta, Cheddar cheese, Mozzarella cheese.

Béchamel Cow's milk or Gluten free oat milk, Plain wheat flour or gluten free flour, Butter or vegetable
Margarine, Mustard, Nutmeg, Salt and Pepper.

Chinese Noodles serves with Salad

Chop suey wheat noodles or Rice noodles, Sesame oil, Soya sauce – Gluten free soya sauce, Mixed
peppers

Carrots, Mangetout, Baby corn, Broccoli, Bean shoots and Chinese cabbage.

Spring Vegetable Gnocchi with Vegetables and Salad

Gnocchi (Rehydrated Potatoes 70%, wheat flour, potato starch, rice flour, salt, lactic acid, potassium
sorbate)

Celery, Carrot, Double Cream, Broad beans, Green beans, Peas, Thyme, Parsley, Salt and Pepper.

Mixed Veg Pizza with New Potatoes and Salad

Dough

Wheat flour (white and wholemeal flour) Salt, Dried Yeast, Water.

Topping Chopped Tomato, Oregano, Cheddar and Mozzarella cheese or Vegan cheese, Mixed vegetables
(Peppers, Sweetcorn....)

Gluten free pizza base – Corn starch, Inulin, Hypromellose, Guar Gum, Psyllium, Brown Rice, Quinoa,
Powder Sugar, Water, Extra Virgin Olive Oil, Salt, Yeast.

Spanish Chickpea Stew with Brown Rice, Vegetables and Salad

Sweet potato, Chickpeas, Red pepper, Carrot, Chopped tomatoes, Olive oil, Celery

Smoked paprika, Cumin, Crushed fennel seed, Thyme, Parsley, Brown Rice.

Roasted Vegetable and tomato Pasta with Vegetables and Salad

Chopped tomatoes, Celery, Mixed peppers, Courgettes, Aubergine, Carrot, Chopped dates, Oregano
Basil, Rosemary, Thyme, Olive oil, Salt and Pepper.

Wholemeal pasta – Gluten free pasta

Veggie Chilli with Rice, Guacamole and Sour Cream and Salad

Celery, Olive oil, Carrots, Mixed peppers, Cooked kidney beans, Chopped tomatoes, Cumin, Smoked
paprika

Sweet paprika, Cinnamon, Coriander, Brown rice, Avocados, Salt and Pepper, -Sour cream optional.

Vegetable and lentil lasagne with Vegetables and Salad

Wheat/Gluten free Lasagne sheets, Chopped tomatoes, Celery, Mixed peppers, Courgettes, Red lentils, Carrots, Oregano, Rosemary, Thyme, Olive Oil, Salt and Pepper.

Béchamel Cow's milk or Gluten free oat milk, Plain wheat flour or gluten free flour, Butter or vegetable margarine, Mustard, Nutmeg, Salt and Pepper
Mature cheddar for topping – Vegan cheese

Pesto Pasta with Roasted Cherry Tomatoes, Vegetables and Salad

Wholewheat pasta, Basil, Pumpkin seeds, Olive oil, Spinach, Salt and Pepper, Cherry tomatoes.

Mexican Quesadillas with Vegetables and Salad

Celery, Olive oil, Carrots, Mixed peppers, Kidney beans, Chopped tomatoes, Cumin, Smoked paprika, Sweet paprika, Cinnamon, Coriander, Wheat tortillas – or Gluten free wraps, Cheddar and mozzarella cheese or vegan cheese.

Vegetable Pasta Bake with Vegetables and Salad

Wholewheat pasta, Chopped tomatoes, Celery, Mixed peppers, Courgettes, Carrots, Oregano, Olive oil Salt and Pepper.

Béchamel Cow's milk or Gluten free oat milk, Plain wheat flour or gluten free flour, Butter or vegetable margarine, Mustard, Nutmeg, Salt and Pepper.
Mature cheddar cheese.

Veggie Sausage served with Mash, Peas and Salad

Veggie sausage (Vegetable Protein (Soya and Wheat) Sunflower seed oil, Wheat flour, Potato starch, Flavours, Citric Acid, Anti Caking Agent, Maize Starch, Salt, Wheat Fibre, Colour: Caramel, Sulphites)

Mash Potato, Milk, Butter, Nutmeg.

Frozen Peas

Gravy (Maltodextrin, Potato Starch, Flavours, Salt, Yeast Extract, Caramel, Tomato Powder, Rapeseed Oil)

Soya and Gluten Alternative: Chickpea and Lentil Patties

Chickpeas, Lentils, Tomatoes, Cumin, Gluten free flour, Parsley, Lemon juice, Tahini, Salt and Pepper, Oil for frying.

Burritos with Salsa, Vegetables and Salad

Celery, Olive Oil, Carrots, Mixed peppers, Kidney beans, Chopped tomatoes, Cumin, Smoked paprika, Sweet paprika, Cinnamon, Coriander, Wheat tortillas – or Gluten free wraps, Cheddar and Mozzarella cheese or Vegan cheese

Salsa

Chopped tomato, Coriander, Smoked paprika, Cider vinegar, Brown sugar, lemon Juice, Salt and Pepper.

Thai Green Curry with Tofu, Rice, Vegetables and Salad

Coconut milk, Vegetable stock, Lime leaves, Lemongrass, Ginger, Coriander, Cardamom, Potatoes, Carrots, Green beans, Mange tout, Mixed peppers, Cauliflower, Tofu, Basmati rice.

Falafel with Pitta Bread, Hummus and Salad

Chickpeas, Parsley, Coriander, Dried mint, Salt, Cumin, Coriander, Cardamom, Oil for frying.
Wholemeal pitta (Wheat Flour, Water, Yeast, Spirit Vinegar, Salt, Preservative (Calcium Propionate),
Wheat Starch) or Gluten free wrap

Hummus

Chickpeas, Tahini, Olive oil, Coriander, Lemon Juice, Salt and Pepper.

Dhal and Rice with Vegetables and Salad

Red lentils, Turmeric, Coconut oil, Cumin Seeds, Cumin, Mustard, Tomato, Salt and Pepper, Basmati rice.

Coconut and Spinach Dhal with Rice, Vegetables and Salad

Red lentils, Turmeric, Coconut oil, Cumin seeds, Cumin, Mustard, Tomato, Coconut Milk, Spinach, Salt
and Pepper, Basmati rice.

Potato and Pea Korma with Rice, Vegetables and Salad

Potatoes, Peas, Desiccated coconut, Coconut milk, Cumin, Coriander, Turmeric, Asafoetida, Garam
masala, Ginger, Celery, White cabbage, Basmati rice.

Naan Bread: **Wheat Flour**, Water, Rapeseed oil, Raising agents (Diphosphates, Potassium Carbonates),
Sugar, Yeast, Kalonji seeds, Salt, Citric Acid, Preservative (Calcium Propionate), Ground coriander,
Ground fennel, Ground cumin.

Vegetable Cottage Pie with Seasonal Vegetables and Salad

Carrots, Tomato, Thyme, Butternut squash, Turnips, Celery, Olive oil, Rosemary, Thyme, Salt and Pepper,
Gravy – (Maltodextrin, Potato Starch, Flavourings, Salt, Yeast Extract, Caramel, Tomato Powder,
Rapeseed Oil) **Mash Potato**, Cow's milk or gluten free oat milk, Butter or margarine, Nutmeg.
Cheddar cheese – Vegan cheese

Lentil Loaf with Roast Potatoes, Vegetables and Gravy

Celeriac, Butternut squash, Tomato, Carrots, Red pepper, Flax meal, Gluten free oats, Parsley, Thyme,
Rosemary.

Roast Potatoes

Potatoes, Sunflower seed oil, Salt.

Gravy (Maltodextrin, Potato Starch, Flavourings, Salt, Yeast Extract, Caramel, Tomato Powder, Rapeseed
Oil)

Vegetable Stir-fry with Sweet and Sour Tofu, Rice and Vegetables

Firm Tofu, Chickpea flour, Pineapple, Tomato Pure, Vinegar, Gluten free soya sauce, Brown Sugar,
Coconut Oil, Root Ginger, Carrot, Mixed Peppers, Baby Corn, Sugar snap Peas, Sesame Oil.

Soup with whole wheat Baguette – different soup every week

Can Contain: Seasonal Vegetables, Water, Stock, Olive oil, Coconut milk, Pulses, Herbs and Spices.

DESSERTS

Fruit Crumble

Apple, Raspberries, Cinamon,
Crumble Mix: Flour, Vegetable Oil, Demerara, Sugar, Yeast, Salt

Seeded Flapjacks

Vegetable margarine, Brown sugar, Golden syrup, Oats or gluten free oats, Desiccated coconut
Sunflower seeds, Pumpkin seeds.

Chocolate and Pear Cake

Plant milk, Lemon juice, Vegetable margarine, Golden syrup, Self-raising flour, Brown sugar, Pitted dates
Coco powder, Baking powder, Bicarb, Sliced pear.

Fruity Fool

Greek yoghurt, Double cream, Strawberries, Raspberries and Sugar.

Banoffee Pie

Digestive biscuits, Butter, Condensed milk, Double cream, Bananas.
GF – Vegan: Gluten free digestive biscuits, Vegetable margarine, Coconut cream and Bananas.

Rice Pudding

Short grain pudding rice, Brown sugar, Cow's milk or gluten free oat milk, Nutmeg, Cinnamon, and
seasonal fruit.

Fruit Smoothy

Seasonal fruit and Water.

Carrot Cake

Coconut oil, Brown sugar, Vanilla essence, Milk, Plain flour, Baking powder, Bicarbonate of soda,
Cinnamon, Ground ginger, Ground nutmeg, Orange, Carrots, Lemon.

Fruit Pudding with Custard

Seasonal fruit, Coconut milk or Cow's milk, Vanilla essence, Butter or margarine, Wheat flour or gluten
free flour.

Custard: Maize starch, Salt, Flavouring, colour (Annatto), Milk or gluten free oat milk, Sugar.