



Avanti Primary School Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

Mexican Nachos with Salsa (Mk)
or
Whole Mung Dal with Lemon Rice
-xx-
Assorted Salads
-xx-
Fruit Yogurt (Mk)

Ciabatta Sandwich with Seasonal Vegetables (G,Mk)
or
Mix Vegetables with paneer and Rice (Mk)
-xx-
Assorted Salads
-xx-
Oat cookies (G,Mk)

Vegs Puff Tringle with Corn on the Cob (G,Mk)
or
Kadhi with Rice (Mk)
-xx-
Assorted Salads
-xx-
Carrot Cake (G,Mk)

Cheesy Pasta with creamy tomato sauce (G,Mk)
or
Kidney Beans & Sweetcorn with Carrot Rice and Dhokla (Mu)
-xx-
Assorted Salads
-xx-
Ice Cream (Mk)

Margherita Pizza (G,Mk)
or
Vegetable Khichdi with Plain Yogurt & Poppadum (G,Mk)
-xx-
Assorted Salads
-xx-
Jelly

WEEK 2

Wholemeal Spaghetti with Creamy Vegetables Tomato Sauce (G,Mk)
or
Panchmela Dal with Pea Rice
-xx-
Assorted Salads
-xx-
Rice Pudding (G,Mk)

Vegetable kofta curry with Rice and Naan (G,Mk)
Or
Zucchini Chana Dal with Butter Rice (Mk)
-xx-
Assorted Salads
-xx-
Choco Crispies (G,Mk)

Potato Roasty with Baked Beans and cheese (Mk)
or
Black Eye Bean Dal with Sweetcorn Rice and Idli
-xx-
Assorted Salads
-xx-
Vol-au-vent with cream and jam (G,Mk)

Pau Bhaji (G,Mk)
or
Vegetable Kadhi with Plain Basmati Rice (Mk)
xx-
Assorted Salads
-xx-
Gajar Halava (G,Mk)

Vegetable Lasagne (G,Mk)
or
Biryani with Yogurt & Poppadum (G,Mk)
-xx-
Assorted Salads
-xx-
Chocolate Mouse (G, Mk)

WEEK 3

Aloo Muttar with Rice or Naan (G,Mk)
Or
Kadhi with Pilau Rice (Mk)
-xx-
Assorted Salads
-xx-
Puff Pastry (G,Mk)

Macaroni Cheese (G,Mk)
or
Bean Pot with Rice (Mu,Mk)
-xx-
Assorted Salads
-xx-
Besan Lado (G,Mk)

Mexican Burrito Wrap (G,Mk)
or
Yellow Dal & Coconut Rice
-xx-
Assorted Salads
-xx-
Chocolate Cake with Custard (G,Mk)

Burger with Potato Wedges (G,Mk)
or
Idli with Sambhar & Rice
-xx-
Assorted Salads
-xx-
Flap Jack (G,Mk)

Govindas Pizza with Mix Peppers (G,Mk)
or
Vegetable Rice with Tarka Yogurt (Mk)
-xx-
Assorted Salads
-xx-
Jelly

Salad bar, fresh breads & fresh fruits are available every day!

Allergens: G gluten Mu Mustard Mk Milk Ce Celery Se Sesame Seed So Soya Su Sulphur Dioxide

