



# Avanti Primary School Menu



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK 1

Tomato & Basil Pasta sauce  
(G,Mk)  
or  
Mung Dal with Lemon Rice  
-xx-  
Assorted Salads  
-xx-  
Fruit Yogurt  
(Mk)

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

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

Vegetable Pie  
(Mk)  
or  
Kidney Beans & Sweetcorn with  
Carrot Rice & Dhokla  
(Mu)  
-xx-  
Assorted Salads  
-xx-  
Ice Cream  
(Mk)

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

### WEEK 2

Macaroni Cheese  
(G,Mk)  
or  
Panchmela Dal with Pea Rice  
-xx-  
Assorted Salads  
-xx-  
Choco Crispies  
(G,Mk)

Stir Fry Vegetable with Fried  
Rice  
(G,Mk)  
Or  
Vegetable Kofta Curry with Naan  
(Mk)  
-xx-  
Assorted Salads  
-xx-  
Rice Pudding  
(G,Mk)

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

Pau Bhaji  
(G,Mk)  
or  
Vegetable Kadhi with Plain  
Basmati Rice and  
(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 Mousse  
(G, Mk)

### WEEK 3

Spaghetti with Vegetables in  
Tomato Sauce  
(G,Mk)  
Or  
Kadhi with Pilau Rice  
(Mk)  
-xx-  
Assorted Salads  
-xx-  
Puff Pastry  
(G,Mk)

Bean Pot with Rice  
(Mk,Mu)  
or  
Aloo Mutter with Naan  
(G,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)

Dabeli with Broccoli  
(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

