

# Week 1 lunch menu

WEEK COMMENCING: 7 SEPT 2015

## MONDAY

Dahl Makani & Jeera Rice

Vegetarian Shepherds Pie  
Steamed greens and carrots

Noodle Soup pot &  
Ciabatta with Thai green salad

Coconut cream cake or fresh fruits

Salads: Lettuce, Coleslaw, cucumber &  
sweetcorn.

## TUESDAY

Vegetable Korma and steamed basmati rice.

Stir fry vegetable noodles

Steamed broccoli

Cous cous and roasted vegetable pot or  
Wholegrain cheese and tomato baguette.

Carrot cake or fresh fruit

Salads: Pasta salad, tomatoes, lettuce  
cucumber.

## WEDNESDAY

Panch ratan dahl & Tomato rice

Govindas Baked Enchiladas  
Sweetcorn

Tomato Pasta pots or  
Chilli bean salad wraps

Banana cake or fresh fruit

Salads: Bean and tomato salad, lettuce, grated  
carrots, cucumber.

## THURSDAY

Vegetable Jalfrezi & Lemon Rice

Penne Abbraita

Focaccia with roasted vegetables .

Pineapple Halva. or fresh fruit

Salads: Curried lentil, cauliflower and coconut  
salad, Lettuce, cucumber, tomatoes.

## FRIDAY

Green Moong Dahl & sweetcorn rice.

Marguerita Pizza and chips

Peas and sweetcorn

Fruit yoghurt dessert or fresh fruit

Salads: Pasta & veg, Lettuce, beetroot, grated  
carrots



# Week 2 lunch menu

WEEK COMMENCING: 14 SEPT 2015

GOVINDA'S

## MONDAY

Channa Dahl & Coconut Rice

Vegetarian Fusilli Bolognese.  
Steamed Green beans

Vegetable soup &  
Greek Salad wraps

Vanilla Ice Cream dessert or fresh fruit

Bulgar , Chickpea and squash salad, cucumber,  
tomatoes and lettuce.

## TUESDAY

Aloo Brinjal curry with Naan / roti.

Moroccan vegetable tagine with cous cous .

Green peas.

Stir fry veg rice pot or  
Tomato and mozzarella baguette.

Veggie Chocolate brownie.

Salads :Cucumber raita , tomatoes, grated  
carrots and lettuce.

## WEDNESDAY

Black Bean and Red Pea dahl and Ghee rice.

Cheese and Bean Quesadillas  
Sweetcorn

Pasta pots or  
Ciabatta with hummus and crunchy salad.

Fruit jelly or fresh fruit.

Salads : Persian style squash cous cous salad,  
cucumber, tomatoes and grated carrots

## THURSDAY

Matar Paneer Makhani & steamed basmati rice.

Rigatoni Primavera

Vegetable soup of the day &  
Roasted vegetable baguettes

Apple Crisp Crumble and custard.

Salads :Beetroot raita salad, tomatoes, Chick  
peas and grated carrots.

## FRIDAY

Yellow lentil and spinach dhal with Naan /  
Roti.

Veggie burger and chips

Aloo Gobi Wraps

Fruit yoghurt or fresh fruit

Salads : Mixed Bean salads , lettuce ,  
cucumber , tomato and sweetcorn.



# Week 3 lunch menu

WEEK COMMENCING: 21 SEPT 2015

## MONDAY

Goan Vegetable Curry and pilau rice

Macaroni Cheese

Steamed broccoli

Vegetable soup of the day &  
Wholegrain cheese salad baguette.

Rustic Apple pie and custard

Salads : Carrot & Celeriac remoulade, tomatoes,  
cucumber and beetroot.

## TUESDAY

Toor Dahl & Turmeric rice.

Mixed bean moussaka.

Noodle pots or

Wholegrain baguettes with cream cheese  
and roasted beet salad.

Raisian sponge and custard or fresh fruit.

Salads : Chickpea and coconut, tomatoes,  
cucumber and grated carrots.

## WEDNESDAY

Haricot and rajma curry – Lemon Rice

Vegetarian Paella

Pasta Pots or

Chilli bean salad wraps

Carrot Halva or fresh fruit

Salads : Squash and Barley, Tomatoes, sweetcorn,  
cucumber.

## THURSDAY

Chick pea, tomato and spinach curry – Naan /  
Roti

Jacket Potato with beans and cheese.

Vegetable soup of the day &  
Mexican grill cheese baguettes.

Rice pudding or fresh fruit.

Spiced lemon bulgar salad, cucumber raita,  
tomatoes, sweetcorn .

## FRIDAY

Vegetable Biryani, curried tomato sauce and  
yoghurt.

Jerk Paneer wraps and chips

Mumbai style grilled sandwich

Fruit Jelly or fresh fruit

Salads : Rustic grilled veg pasta salad, Beetroot  
and sunflower, tomatoes, and sweetcorn.



# Week 4 lunch menu

WEEK COMMENCING: 28 SEPT 2015

## MONDAY

Channa Dahl with Coconut Spiced Rice.

Traditional Veggie Lasagne

Vegetable soup of the day &  
Ciabatta with crunchy slaw sandwich .

Ice Cream or fresh fruit.

Salads : Coleslaw, tomatoes, cucumber and  
beetroot.

## TUESDAY

Pumpkin, chickpea and spinach curry with  
naan / roti.

Vegetable Baklava.  
Steamed broccoli

Noodle pots or

Grilled cheese, sweetcorn and pineapple  
baguettes.

Coconut rice pudding of fresh fruit .

Salads : Mixed bean salad, lettuce,  
tomatoes, cucumber.

## WEDNESDAY

Black eyed pea dahl and vegetable  
basmati rice

African vegetable stew with brown rice.

Pasta Pots or  
Chilli bean salad wraps

Carrot Halva or fresh fruit

Salads : South western Indian style salad,  
Tomatoes, grated carrots , cucumber.

## THURSDAY

Vegetable and Paneer vindaloo curry with  
Turmeric rice.

Veggie Chilli Nachos

Vegetable paratha "Doubles" &  
Lentil soup

Apple and Blackberry crumble & custard or fresh  
fruit.

Spiced lemon bulgar salad, cucumber raita,  
tomatoes, sweetcorn .

## FRIDAY

Vegetable Idli with vegetable sambar & coconut  
chutney..

Courgette , cheese and tomato tart and chips

Vegetable soup of the day &  
Cream cheese and cucumber baguettes.

Mango yoghurt or fresh fruit

Salads : Roasted carrot and been salad, Lettuce ,  
Beetroot and sunflower, tomatoes and  
sweetcorn.



# Week 5 lunch menu

WEEK COMMENCING: 5 OCT 2015

## MONDAY

Green Split Pea and Coconut Dahl with Indian Sweet and Sour rice.

Traditional Vegetable pie with Peas and Carrots.

Yellow pea soup & Vietnamese style salad sandwich.

Fruit Yoghurt or fresh fruit.

Salads : Spiced Bulgur, chickpea and squash salad, cucumber , grated carrots and lettuce.

## TUESDAY

Sag Aloo and Paneer Curry with naan / roti.

Spaghetti Neapolitana  
Steamed broccoli

Jacket Potatoes with cheese and baked beans

Fruit Jelly or fresh fruit .

Salads : Cucumber Riata, Beetroot and Sunflower , lettuce, tomatoes.

## WEDNESDAY

Green Moong Dahl and ghee basmati rice

Yemeni style vegetable stew with vermicelli rice .

Pasta Pots or Chilli bean salad wraps

Lemon Coconut cake and custard.

Salads : Persian style cous cous salad , tomatoes, lettuce and grated carrots.

## THURSDAY

Brinjal Aloo curry with Turmeric rice.

Hungarian Veggie Goulash and mashed potatoes

Vegetable soup of the day & Hummus and salad sandwich.

Toffee Apple Tart & custard or fresh fruit.

Salads : Pasta salad , tomatoes, lettuce and cucumber.

## FRIDAY

Aloo Gobi Curry with basmati pepper rice.

Pineapple and sweetcorn pizzas and chips.

Chocolate Fudge Cake or fresh fruit

Salads : Roasted carrot and pumpkin salad, Lettuce , tomatoes and cucumber.



# Week 6 lunch menu

WEEK COMMENCING: 12 OCT 2015

GOVINDA'S

## MONDAY

Vegetable Dalma with Herb Rice.

Pasta Bake with Cheese.  
Steamed Green Beans

Carrot, orange and coriander soup &  
Crunchy apple slaw sandwich .

Frozen fruit yoghurt or fresh fruit.

Salads : Celeriac and Carrot remoulade salad ,  
cucumber , tomatoes and lettuce.

## TUESDAY

Pumpkin, Chickpea and spinach Curry with  
naan / roti.

Malay style hot pot noodles

Jacket Potatoes with cheese and baked beans

Apple Crisp Crumble and Custard or fresh fruit

Salads : Carrot and Chickpea salad, cucumber,  
lettuce, tomatoes.

## WEDNESDAY

Chowpatty style Pau Bahjis

Pumpkin, bean and Tomato casserole  
with mashed potatoes .

Pasta Pots.

Chocolate and beetroot cake and custard.

Salads : Squash and Barley Salad,  
tomatoes, lettuce and grated carrots.

## THURSDAY

Vegetable Tikka Curry with Turmeric rice.

Chilli bean nachos with cheese and salad.

Parsnip and Cumin Soup &  
Cheese and Cucumber Baguette sandwich.

Fruit Crumble and custard or fresh fruit.

Salads : Spiced Lemon Bulgur wheat salad,  
tomatoes, lettuce and cucumber.

## FRIDAY

Matar Paneer with steamed basmati rice.

Roasted Vegetable Spirals with Jacket Wedges  
and Peas.

Vegetable soup of the day &  
Beetroot and Apple filled baguettes.

Banana Yoghurt or fresh fruit

Salads : Pasta Salad , Lettuce , tomatoes and  
grated carrots .