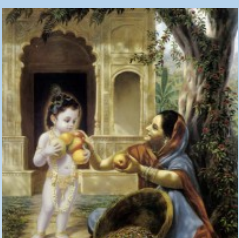
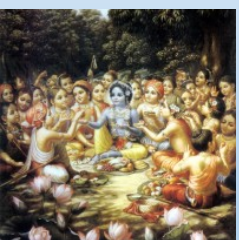
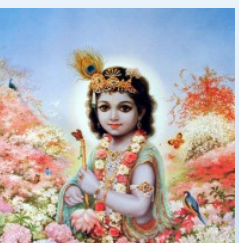
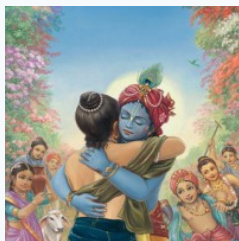




Avanti House School Primary Phase Menu



GOVINDA'S



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1

MONDAY 1

Wholemeal Pasta with Creamy Tomato Sauce & Sweetcorn, Broccoli & Mix Peppers Stir-Fry
or
Whole Mung Dal with Plain Basmati Rice
-XX-
Flap Jack
-XX-
Vegetable Flat Rice

TUESDAY 1

Govinda's Panini Sandwich With Tomato Sauce
Or
Kidney Beans & Sweetcorn with Carrot Rice
-XX-
Crunchy Cherry Cake with Custard
-XX-
Mix Bean Salad

WEDNESDAY 1

Chilli Paneer with Naan & Pilau Rice
or
Chole Chana with Naan & Pilau Rice
-XX-
Cream & Jam Puffs
-XX-
Mix Raita

THURSDAY 1

Mexican Burrito Wraps
or
Kadhi with Spinach Rice
-XX-
Trifle
-XX-
Vegetable Couscous

FRIDAY 1

Margherita Pizza
Or
Vegetable Khichdi with Plain Yogurt & Poppadum
-XX-
Ice Cream
-XX-
Pasta Salad

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2

MONDAY 2

Vegetable Pasta Bake with White & Tomato Sauce
or
Mix Dal with Pea Rice
-XX-
Fruit Yogurt
-XX-
Vegetable Rice Noodle Salad

TUESDAY 2

Sandwich with Tomato Soup
Or
Dudhi Chana Dal with Butter Rice
-XX-
Chocolate Cake with Icing
-XX-
Chickpea & Carrot Stir-Fry With Roasted Coconut

WEDNESDAY 2

Pau Bhaji
or
Vegetable Sambhar with Lemon Rice & IDLI
-XX-
Chocolate Besan Ladoo
-XX-
Kachumber

THURSDAY 2

Mexican Nachos
or
Vegetable Kadhi with Plain Basmati Rice
-XX-
Cream & Jam Tarts
-XX-
Pasta Salad

FRIDAY 2

Pizza with Mix Peppers
or
Vegetable Biryani with Plain Yogurt & Poppadum
-XX-
Jelly
-XX-
Coleslaw

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3

MONDAY 3

Govinda's Lasagne with Vegetable, Creamy White & Tomato Sauce
or
Dal Dhokdi with Plain Basmati Rice
-XX-
Fruit salad
-XX-
Beetroot & Sunflower Seed Salad

TUESDAY 3

Veggie Burger with Tomato Chutney, Cheese & Lettuce
or
Kala Chana Dal with Sweetcorn Rice
-XX-
Choco Crispies
-XX-
Mix Fresh Salad

WEDNESDAY 3

Gauranga Potatoes with Naan & Butter Jeera Rice
or
Bean-Pot with Naan & Butter Jeera Rice
-XX-
Cinnamon Swirl
-XX-
Cucumber Raita

THURSDAY 3

Mexican Tacos
Spicy Corn on the Cob
or
Pakoda Kadhi with Rice
-XX-
Mango Yogurt
-XX-
Pasta Salad

FRIDAY 3

Govinda's Pizza with Sweetcorn, Mix Peppers & Olives
or
Tuver Dal Khichdi with Plain Yogurt & Poppadum
-XX-
Ice Cream
-XX-
Roasted Potato Salad