

# KRISHNA AVANTI PRIMARY SCHOOL MENU TERM: SPRING JAN-APRIL 2016

Ekadasi  
20th Jan  
4th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OPTION 1	Vegan Spaghetti served with Veg Tomato Sauce <b>N</b>	Creamy Vegetable Pie with steamed Brocoli <b>D N</b>	Mexican Tacos with Spiced Beans, Lettuce & Cheese <b>D N</b>	Hummus & Cucumber filled Sandwich with Tomato Soup <b>D N</b>	Govinda's Pizza with Sweetcorn <b>D N</b>	WEEK 1
OPTION 2	Kadhi served with Veg Rice & Dhokla <b>D</b>	Green Mung served with Plain Rice & lightly Steamed Broccoli <b>N</b>	Uraddal served with Jeera Rice & Green-beans & Carrots <b>N</b>	Chana & Yellow Mung-dal with Vegetable Rice <b>N</b>	Vegetable Khichdi served with Plain Yogurt & Papadum <b>D N</b>	DATES 4-8 Jan 25-29 Jan 22-26 Feb 14-15 Mar
DESSERT	Flapjacks (Butter)	Chocolate Cake served with Custard <b>D N</b>	Homemade Rice Pudding <b>D</b>	Chocolate Besan Ladoo (Butter)	Fruit Jelly <b>N</b>	
SPECIAL SALAD	Beetroot with roasted S.flower / Pumpkin Seed <b>N</b>	Vegetable Flat Rice <b>N</b>	Pasta Salad <b>N</b>	Mix Vegetable Couscous Salad <b>N</b>	Coleslaw <b>D</b>	
OPTION 1	Pasta with a creamy Tomato Vegetable Sauce <b>D N</b>	Chilli Paneer Wraps + Spicy Corn on the Cob <b>D N</b>	Nachos served with Kidneybeans & Mix Peppers Sauce <b>D N</b>	Vegetable Burger with Cauliflower Cheese Bake <b>D N</b>	Roasted Potatoes with Baked Beans, Broccoli & Carrots <b>N</b>	WEEK 2
OPTION 2	Bean-Pot with Carrot Jeera Rice <b>N</b>	Dal Makhani served with Sweetcorn Rice & Naan <b>N</b>	Yellow Mungdal with Jeera Rice & Green-beans Carrot Sabji <b>N</b>	Veg Tuverdal served with Coconut Milk & Lemon Rice / Idli <b>N</b>	Chole served with Bhatura/Naan & Mix Vegetable Rice <b>N</b>	DATES 11-15 Jan 1-5 Feb 29-4 Mar 21-25 Mar
DESSERT	Crispy Chocolate Cups (Butter)	Fruit Yogurt <b>D</b>	Oats Cookies (Butter)	Carrot Cake with Lemon Icing <b>D N</b>	Fruit Jelly <b>N</b>	
SPECIAL SALAD	Bulgar Wheat Salad <b>N</b>	Chickpea & Carrots with roasted Coconut <b>N</b>	Pasta Salad <b>N</b>	Mixed Bean Salad <b>N</b>	Cucumber Raita <b>D</b>	
OPTION 1	Govinda's Vegetable Lasagna <b>D N</b>	Mutter Paneer served with Naan & Mix Vegetable Rice <b>D N</b>	Vegetable Tart (Butter) <b>D N</b>	Soft Cheese & Tomato Sandwich served with Sweetcorn Soup <b>D N</b>	Govinda's Pizza with Pineapple <b>D N</b>	WEEK 3
OPTION 2	Split Blackeye Beans served with Cabbage Rice <b>N</b>	Chickpea serve with Mix Vegetable Rice & Naan <b>N</b>	Mexican Tomato Rice served with Rajma & Sweetcorn <b>N</b>	Vegetable Chanadal served with Lemon Rice <b>N</b>	Vegetable Khichdi served with Plain Yogurt <b>D N</b>	DATES 18.22 Jan 8-12 Feb 7-11 Mar 28-1 Apr
DESSERT	Fruit Yogurt <b>D</b>	Scones with Jam (Butter)	Chocolate Banana Cake <b>D</b>	Homemade Rice Pudding <b>D</b>	Fruit Jelly <b>N</b>	
SPECIAL SALAD	Vegetable Flat Rice <b>N</b>	Bundi Raita <b>D</b>	Potato Salad	Cucumber Raita <b>D</b>	Mix Veg Rice Noodle <b>N</b>	

Menu is subject to change if the Bhoga not available. Govinda's kitchen staff would like to thank you for your support.

**D - Dairy N - Non Dairy**