

# Krishna-Avanti Primary School Autumn Term Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Wholegrain pasta in pomodoro sauce	Mung dahl	Rice and urad dahl	Mexican quessadilla	Pizza
Option 2	Jacket potato with beans	Black eyed bean sabji	Mixed vegetable soup	Vegetable khicheri	Tomato and lentil soup
	Mixed bean salad	Vegetable pulao rice	Roast potatoes	new potatoes with herbs	Potato wedges
	Sweetcorn	Natural yogurt	Dhokra	Carrot & cucumber sticks	Salad
	Cheese	Biscuit	Apple crumble and custard	Selection of bread rolls	French bread
	Fruit salad with mango pulp	Selection of bread rolls	French bread	Selection of fruit	Selection of fruit
	Selection of bread rolls	Selection of fruit	Selection of fruit	Low fat milk and water	Low fat milk and water
	Selection of fruit	Low fat milk and water	Low fat milk and water		
	Low fat milk and water				

In addition to this menu, children in year 3 and upwards will also have a self serve salad bar to choose from daily which will have a selection of fruits and salads

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable khicheri	Chips	Spaghetti	Shepherds pie	Vege burger
Option 2	Mediterranean pasta in pomodoro sauce	Mashed potato	Jeera rice and mung dahl	Soup of the day	Cheese and salad sandwich
	potato wedges	Baked beans	Mixed salad	Roast potatoes	Bean and pasta salad
	Salad	Cheese	Selection of organic fruit yogurts	Salad	Fruit flan
	Natural yogurt	Salad	Selection of bread rolls	Selection of organic fruit yogurts	Selection of fruit
	Chocolate cake & custard	Banana milkshake	Selection of fruit	Selection of bread rolls	Low fat milk and water
	Selection of bread rolls	Selection of bread rolls	Low fat milk and water	Selection of fruit	
	Selection of fruit	Selection of fruit		Low fat milk and water	
	Low fat milk and water	Low fat milk and water			

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jacket potato with beans & cheese	Mixed lentil dahl	Cheese and potato pie	Steamed basmati rice	Vegetable lasagne
Option 2	Macaroni cheese	Kidney beans sabji	Soup of the day	Puri	Mixed bean, cheese and salad wholemeal wraps
	Peas	Vegetable pulao rice	Vegi finger	Chickpea and potato sabji	
	Sweetcorn	Natural yogurt	Baked beans	Carrot & cucumber sticks	Salad
	Mixed bean salad	Mango srikhand with mixed fruit	Selection of organic fruit yogurts	Natural yogurt	Trifle
	selection of organic fruit yogurts	Selection of bread rolls	Selection of bread rolls	Selection of bread rolls	Selection of bread rolls
	Selection of bread rolls	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
	Selection of fruit	Low fat milk and water	Low fat milk and water	Low fat milk and water	Low fat milk and water

Twice a month we will observe a non-grain day (ekadashi) when we will override the pre-planned menu and serve non-grain meals such as jacket potatoes with various fillings, paneer and potato sabjis, vegetable au gratin, or potato bake, along with smoothies, fruit salads, berry fools, and other exciting things

Low fat milk and water				
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