

LUNCH

WEEK 1

MEAL DEAL
MAIN MEAL & DESSERT

ONLY
£2.65



to empower children with virtues, to enable them to excel academically & spiritually, enabling them to serve humanity selflessly, with an abundance of love, compassion, & forgiveness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	<p>Dry Aubergine Curry (Pahi) </p> <p>A Sri Lankan-style dry vegan curry where aubergine is sautéed with aromatic spices.</p>	<p>Tadka Dhal with Braised Rice </p> <p>Comforting tempered yellow lentils served alongside seasoned, slow-cooked rice.</p>	<p>Sweet Potato Jalfrezi with Rice </p> <p>A vibrant vegan curry made with sweet potatoes & beans in a zesty Jalfrezi sauce, served with rice.</p>	<p>Vegan Meatballs with Spaghetti </p> <p>Hearty plant-based meatballs tossed in a classic tomato sauce and served over spaghetti.</p>	<p>Jerk Hot Dog with Chips </p> <p>A Caribbean-style hot dog seasoned with jerk spices and served with crispy chips.</p>
MAIN 2	<p>Crispy Potato Shells with Tomato Sauce </p> <p>Golden, baked potato gnocchi with tofu and served with a savoury tomato dipping sauce.</p>	<p>Chilli Beans & Cheese Stack</p> <p>A hearty, layered dish featuring spiced beans topped with melted cheese.</p>	<p>Shepherdess Pie </p> <p>A plant-based take on the classic cottage pie, using savoury vegetables and lentils topped with mashed potato.</p>	<p>Curry Club Rainbow Korma</p> <p>A mild, colourful vegetable & chick pea korma served with fluffy rice.</p>	<p>Southern Fried Slaw Bowl </p> <p>Crispy vegan Quorn dippers served with a fresh Asian-style slaw topped with salsa and baked tortilla croutons.</p>
REAL FOOD FAST	<p>Sticky Cauliflower Wings </p>	<p>Pesto Pasta </p>	<p>Jacket Potato with Cheese & Beans</p>	<p>Red Pepper Pizza</p>	<p>Korean Crispy Wrap </p>
VEG	<p>Green Beans </p>	<p>Sweetcorn </p>	<p>Carrots & Cabbage </p>	<p>Roasted Vegetables </p>	<p>Peas & Carrots or Baked Beans </p>
DESSERTS	<p>Choice of dessert of the day, fresh fruit or yogurt</p>	<p>Choice of dessert of the day, fresh fruit or yogurt</p>	<p>Choice of dessert of the day, fresh fruit or yogurt</p>	<p>Choice of dessert of the day, fresh fruit or yogurt</p>	<p>Choice of dessert of the day, fresh fruit or yogurt</p>

MENU KEY

Vegan



Quorn

LUNCH

WEEK 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Dirty Butternut Mac'n'Cheese Rich macaroni and cheese enhanced with the natural sweetness of roasted butternut squash.	Dhansak Curry with Pilau Rice A traditional Parsi-style curry made with lentils and vegetables, served with fragrant pilau rice.	Protein Loaded Chilli & Rice A hearty vegan chili packed with beans and plant-based protein, served over rice.	Creamy Chickpea & Coconut Dahl A mild, velvety dahl infused with coconut milk and served with rice.	Roasted Vegetable Pizza & Wedges A stone-baked style pizza topped with roasted seasonal vegetables and served with potato wedges.
MAIN 2	Chickpea & Spinach Curry A nutrient-dense vegan curry featuring protein-rich chickpeas and fresh spinach served with rice.	Pad Thai A vegan-friendly version of the iconic Thai street food, featuring stir-fried noodles, vegetables and tempeh.	Roasted Veg Shawarma Mediterranean-inspired roasted vegetables & chick peas seasoned with shawarma spices and served on a flatbread.	Italian Marinara Pasta Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant based meatballs.	Loaded Massaman Curry A mild, fragrant Thai-style curry with tofu, potatoes and vegetables, served with rice.
REAL FOOD FAST	Smashed Falafel Pitta	Cheesy Corn Flatbread	Jacket Potato with Cheese & Beans	Mexican Chimichurri Wedges	Breakfast Wrap
VEG	Sweetcorn	Peas	Roast Carrots & Swede	Broccoli	Peas & Carrots or Baked Beans
DESSERTS	Choice of dessert of the day, fresh fruit or yogurt	Choice of dessert of the day, fresh fruit or yogurt	Choice of dessert of the day, fresh fruit or yogurt	Choice of dessert of the day, fresh fruit or yogurt	Choice of dessert of the day, fresh fruit or yogurt

MENU KEY

Vegan



LUNCH

WEEK 3

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MONDAY

MAINS 1

Korean Crispy Baked Cauliflower **VE**

Crunchy cauliflower florets coated in a sweet and spicy Korean-style glaze.

MAINS 2

Matar Paneer with Tumeric Rice

Soft paneer cheese cubes and green peas cooked in a spiced tomato gravy, served with turmeric rice.

REAL FOOD FAST

Veg Pasta Pot

VEG

Sweetcorn **VE**

DESSERTS

Choice of dessert of the day, fresh fruit or yogurt

TUESDAY

Sweet Potato & Chickpea Curry **VE**

A hearty vegan curry served with light couscous.

Three Bean Chilli with Rice **VE**

A protein-packed vegan chili featuring a trio of beans, served with rice.

BBQ Quorn Melt

Roast Cauliflower **VE**

Choice of dessert of the day, fresh fruit or yogurt

WEDNESDAY

Aloo Gobi with Rice **VE**

A classic North Indian dry curry of spiced cauliflower and potatoes served with rice.

Flaky Puff Pastry Wellington with Roast Potatoes **VE**

A savoury plant-based filling wrapped in golden puff pastry and served with roast potatoes.

Jacket Potato with Cheese & Beans

Savoy Cabbage & Roasted Squash **VE**

Choice of dessert of the day, fresh fruit or yogurt

THURSDAY

Teriyaki Vegetable Noodles **VE**

Sweet and savoury Japanese style noodles with fresh vegetables.

Italian Marinara Style Pasta **VE**

Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant based meatballs.

Sloppy Joes Garlic Bread

Green Beans **VE**

Choice of dessert of the day, fresh fruit or yogurt

FRIDAY

Cheese & Tomato Pizza

A classic Margherita-style pizza with rich tomato sauce and melted cheese.

Enchilada with Pea Gaucamole **VE**

: A savoury Mexican-style tempheh filled wrap served with a unique, fresh pea-based guacamole.

Penne Pasta with Tomato & Chilli

Peas & Carrots or Baked Beans **VE**

Choice of dessert of the day, fresh fruit or yogurt

MENU KEY

VE Vegan



Quorn

MORNING

BREAK



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIZZA	Pizza Bagel	12" Pizza	Pizza Pitta	12" Pizza	Cheese & Jalapeño Bagel
POTS AND MORE	Marinara Pasta	Pesto Pasta	Korean Noodle Pot	Mac 'n' Cheese	Dirty Nachos
STREET	Dirty Nachos	5 Bean Chilli Burrito	Plant Based Breakfast Wrap	Loaded Wedges	Plant Based Patty

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Quorn