

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	Matar Paneer with Turmeric Rice Soft paneer cheese cubes and green peas cooked in a spiced tomato gravy, served with turmeric rice.	Tadka Dahl with Braised Rice VE Yellow lentils gently cooked with onions, garlic, and tomatoes, creating a creamy, comforting and wholesome curry.	Tikka Masala VE Creamy tomato curry with tender protein pieces, onions and peppers, gently cooked for a rich, comforting flavour.	Dhansak Curry with Pilau Rice VE A traditional Parsi-style curry made with lentils and vegetables, served with fragrant pilau rice.	Rajma Curry with Rice VE A North Indian kidney bean curry with slow stewed tomato & garlic served with rice.
MAIN 2	Veggie Bolognaise with Spaghetti Hearty vegetable bolognese with Eat Curious protein mince, rich tomato sauce & aromatic herbs.	Three Bean Chilli with Rice VE A protein-packed vegan chilli featuring a trio of beans, served with rice.	Roasted Vegetable Lasagne A comforting lasagne layered with roasted vegetables, rich tomato sauce, creamy béchamel, and melted cheese.	Plant-Based Sausage & Mash Hearty veggie sausages served with creamy mashed potatoes, topped with rich, comforting gravy.	Cheese & Tomato Pizza A classic Margherita-style pizza with rich tomato sauce and melted cheese.
REAL FAST FOOD	Meatless Ball Marinara Pasta	Katsu Quorn & Rice	Jacket Potato with Cheese & Beans	Red Pepper Pizza	Classic Ketchup & Crispy Onion Vegan Dog
VEG/CARB	Broccoli VE/Rice	Green Beans VE/Rice	Garlic Autumn Greens VE/ Skin on Roasties	Roasted Corn VE/Mashed Potatoes	Peas or Baked Beans VE/Chips
DESSERT	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



w/c – 24/08, 14/09, 05/10, 16/11, 07/12, 18/01, 08/02



LUNCH

WEEK 2

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	Chole (Chana Masala) Tender chickpeas simmered in a rich tomato and onion gravy, infused with aromatic Indian spices and herbs. NEW	Spinach Paneer Soft paneer cooked in a creamy spinach sauce, infused with aromatic spices for a rich, comforting vegetarian curry. NEW	Saag Aloo VE Tender potatoes cooked with fresh spinach and garlic, creating a hearty, wholesome and comforting vegetarian curry. NEW	Yellow Dahl Curry with Braised Rice A comforting yellow dal curry, slow cooked with aromatic spices, creating a rich, creamy, flavourful Indian classic. NEW	Aloo Gobi with Rice A classic North Indian dry curry of spiced cauliflower and potatoes served with rice.
MAIN 2	Loaded Butternut Mac 'n' Cheese Rich macaroni and cheese enhanced with the natural sweetness of roasted butternut squash.	Smoky Corn Polenta, Roasted Squash and Corn Smoky Polenta topped with Roasted squash pieces & corn. NEW	Root Vegetable & Bean Pie Hearty root vegetables and beans wrapped in golden pastry served with Gravy. NEW	Italian Marinara Pasta VE Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant based meatballs.	Southern Fried Nuggets & Chips VE Crispy vegan Quorn dippers served with a fresh Asian-style slaw topped with salsa and baked tortilla croutons.
REAL FAST FOOD	Cheesy Bean Quesadilla	Tikka Roti Wrap	Jacket Potato with Cheese & Beans	Thai Green Curry Noodles	Grilled Halloumi Burger
VEG/CARB	Sweetcorn VE/Naan Bread	Peas VE/Rice	Roast Carrots VE/Skin on Roasties	Broccoli VE/Rice	Peas or Baked Beans VE/Chips
DESSERT	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



w/c – 31/08, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02



LUNCH

WEEK 3

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

Tadka Dahl with Braised Rice VE

Yellow lentils gently cooked with onions, garlic, and tomatoes, creating a creamy, comforting and wholesome curry.

Tikka Masala VE

Creamy tomato curry with tender protein pieces, onions and peppers, gently cooked for a rich, comforting flavour.

NEW

Matar Paneer with Turmeric Rice

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

Dahl Makhani

Creamy black lentil curry slow-cooked with tomatoes, butter, and aromatic ingredients for a rich, comforting flavour.

NEW

Mushroom Matar

Tender mushrooms and green peas cooked in a rich tomato gravy, creating a wholesome and flavourful vegetarian dish.

NEW

MAIN 2

Veggie Burger

Juicy plant based veggie burger served in a soft bun served with wedges.

NEW

Hot Vegetable Wrap

Vegetable wrap filled with roasted seasonal vegetables.

NEW

Quorn Sausage & Stuffing Wellington VE

Quorn sausages and savoury stuffing wrapped in golden flaky pastry, baked until crisp.

NEW

Veggie Katsu Curry

Crispy veggie katsu and Eat Curious protein pieces served with noodles and a rich, savoury Japanese-style curry sauce.

NEW

Cheese & Tomato Pizza

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

REAL FAST FOOD

BBQ Quorn Melt

Pesto Cheese Hot Focaccia Sandwich

Jacket Potato with Cheese & Beans

Pasta Arrabbiata

Honey Sriracha Quorn Wrap

VEG/CARB

Sweetcorn VE/Tomato Pasta Salad

BBQ Beans/Wedges

Cabbage & Carrots/Skin on Roasties

Garlic Roasted Broccoli/Lemon & Herb New Potatoes

Peas or Baked Beans/Chips

DESSERT

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



w/c - 07/09, 28/09, 09/11, 30/11, 11/01, 01/02,



MORNING BREAK



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
PIZZA	Veggie Sausage Baguette	Cheese & Tomato Pizza Bagel	Pizza Pitta	12" Pizza	Veggie NishMuffin with Cheese Plant based pattie served in a muffin with cheese
POTS AND MORE	Marinara Pasta VE	Mac 'n' Cheese	Korean Noodle Pot VE	Arrabbiata Pasta	Tikka Mac 'n' Cheese
STREET	Loaded Nachos	Vada Pav	Punjabi Loaded Wedges	Veggie BBQ Slider Burger	Loaded Nachos

