



WEEK 1 MENU

KHALSA
PRIMARY
SCHOOL

Weeks Commencing: 2nd November 26 23rd November 26 14th December 26
4th January 27 25th January 27 8th March 27

MONDAY

Chef's Special Pasta
Bolognese



Three-Bean Chilli
& Rice



Sweetcorn &
White Cabbage



Fresh Fruit
Organic Yoghurt

TUESDAY

Butternut & Spinach Tarka
Dhal with Coriander Rice



Jacket Potato with Cheese &
Beans



Peas & Aloo Gobi



Fresh Fruit
Organic Yoghurt

WEDNESDAY

Thai Green Vegetable Curry
with Pitta Bread



Quorn Fillet Strip
With Saag Aloo



Carrots & Roasted
Courgettes



Fresh Fruit
Organic Yoghurt

THURSDAY

Margherita Pizza with
Mixed Salad



Tomato, Lentil & Bean
Pasta



Sweetcorn & Cajun Roasted
Squash Cous Cous Salad



Fresh Fruit
Organic Yoghurt

FRIDAY

Baked Bean & Cheese Puff
with Chips



Rajma Masala
with Flatbread



Peas &
Baked Beans



Chocolate & Beetroot
Brownie



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu
Key:



Plant Based
Boosted



Vegetarian
Low Carbon



At least 1 of your 5 a day



WEEK 2 MENU

KHALSA
PRIMARY
SCHOOL

Weeks Commencing: 9th November 26
1st February 27

30th November 26
22nd February 27

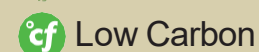
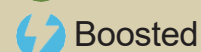
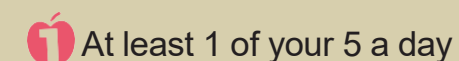
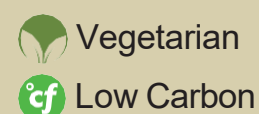
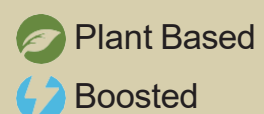
11th January 27
15th March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cauliflower, Chickpea & Potato Curry with Rice 	Roast Vegetable Cous Cous 	Butternut, Chickpea & Vegetable Curry with Pilau Rice 	Vegetable Chilli & Rice   	Tarka Dhal with Pitta Bread  
Paneer Wrap 	Creamy Macaroni Cheese & Homemade Garlic Bread 	Cheese & Onion Puff with Roast Potatoes & Gravy 	Sweetcorn Pizza with Mixed Salad 	Quorn Dippers with Chips & Ketchup 
Sweetcorn & Roasted Courgette 	Carrots & Herby Green Beans 	Peas & Aloo Gobi 	Mexican Sweetcorn & Roasted Butternut Squash 	Baked Beans & Peas 
Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Apple & Cinnamon Strudel  



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Menu
Key:





WEEK 3 MENU

KHALSA
PRIMARY
SCHOOL

Weeks Commencing: 16th November 26
8th February 27 7th December 26
1st March 27 18th January 27
22nd March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainbow Stir Fry with Pitta Bread  	Veggie Curry with Rice   	Quorn Sausage Hot Dog with Bombay Potatoes 	Cauliflower, Chickpea & Potato Curry with Pitta Bread  	Quorn Dippers with Chips & Ketchup 
Cheese, Tomato & Basil Pasta Bake 	Roasted Pepper Pizza with Mixed Salad 	Chickpea & Vegetable Tagine with Herb Cous Cous  	Jacket Potato with Cheese & Beans 	Paneer Wrap with Chips & Ketchup 
Sweetcorn & Soy Wilted Greens 	Aloo Gobi & Broccoli 	Roasted Root Veggies & Vegetable Medley 	Green Beans & Roasted Mediterranean Veggies 	Peas & Baked Beans 
Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Fresh Fruit  Organic Yoghurt 	Strawberry Jelly & Peaches 



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Menu Key:  Plant Based  Vegetarian  At least 1 of your 5 a day
 Boosted  Low Carbon

