



The Khalsa Academy
Wolverhampton

SARBAT CAFÉ

MENU WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PANJABI	Chana Masala with Rice	Vegetable Biryani with Riata	Rajma Masala with Brown Rice	Aloo Gobi with Rice	Palak Paneer with Rice
MAIN	Burrito Bowls	Shepherd's Pie	Vegetable Gumbo with Cornbread	Teriyaki Mushroom Donburi	Pizza & Chips
VEG	1/2 Corn on the Cob	Carrots	Green Beans	Cabbage	Peas
DAILY	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans
GRAB & GO	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal
DESSERT	Chocolate Brownie & Custard	Flapjack	Apple Crumble with Custard	Peach Cobbler	Shortbread



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PANJABI	Baingan Bharta with Brown Rice	Dal Makhani with Rice and Naan	Gobi Manchurian with Rice & Yogurt	Paneer Tikka Masala with Rice	Chana Masala with Rice
MAIN	Veggie Burger with Baked Sweet Potato Fries	Thai Red Curry with Tofu	Roast Dinner	Falafel Bowl with Tzatziki and Couscous	Pizza & Chips
VEG	Green Beans	Sweetcorn	Carrots, Peas, Roast Potatoes	Herby Carrots	Peas
DAILY	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans	Jacket potato with cheese or beans
GRAB & GO	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal	Sandwich Meal Deal
DESSERT	Lemon Drizzle Cake	Apple Brown Betty	Rhubarb Crumble with Custard	Chocolate Crunch with Custard	Chocolate Cake