

# TradeWinds Academy Menu – 2022/2023

Week 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(v) Chickpea, sweetcorn and pea stew, steamed basmati rice, chapati & seasonal vegetables	(v) Falafel, slaw & pita bread with optional minted yoghurt	Penne pasta and mini meatballs in BBQ flavoured tomato sauce.  (v) Vegetarian burger with home-made fries.	(v) Mild vegetable curry, steamed basmati rice and seasonal vegetables.	Chicken nuggets, home-made fries & vegetable sticks.  (v) Toasted sandwich, (avocado, tomato, lettuce and cucumber) & fries
Marble cake	Assorted fruit slices	Vanilla cake	Assorted fruit slices	Carrot cake

Week 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(v) Miniature of individual pizza	Battered fish, home-made fries & vegetables  (v) three-bean stew & rice	(v) Penne pasta with soya bolognaise	Boneless chicken dhania, steamed basmati rice & vegetables  (v) Mild lentil curry, rice & assorted seasonal vegetables	(v) Vegetarian chili with optional cheese
Assorted fruit slices	Orange cake	Assorted fruit slices	Vanilla cake	Assorted fruit slices

*All cakes are vegan*

*All vegetarian meals are adapted to fit vegan needs if necessary*

PREPARED BY SUDI BAHHA