



# THE VEGGIE KITCHEN

vegetarian cookery classes inspired by Jyoti Shah

## CHILDREN'S COURSE MENU

Kitchen Safety and Food Hygiene on Day one

### COURSE 1

#### Day 1

Spices Introduction  
Okra Curry & Chapatti  
Chocolate Barfi  
Chapatti

#### Day 2

Moroccan Soup  
Bread Rolls  
Veggie Samosa

#### Day 3

Mushroom Filo Rolls  
Chocolate Chip Cookies  
Cup Cakes

### COURSE 2

#### Day 1

Mixed Pulse Daal  
Paratha  
Spring Rolls

#### Day 2

Stir-Fry Rice  
Cheese Macaroni  
Mexican Lasagne

#### Day 3

Pizza  
Ruffelos  
Oatie Truffles

### COURSE 3

#### Day 1

Chilli Paneer  
Pau Bhaji  
Kesar Penda

#### Day 2

Veggie Lasagne  
Vegetable Puff Pastry  
Carrot Bread Rolls

#### Day 3

Chilli Corn Frizoles.  
Spinach Drammond  
Baklava

### UNIVERSITY STUDENTS COURSE

#### Day 1

Curry Sauces & Spices  
Plain Rice  
Stir Fry Rice  
Chinese Salad

#### Day 2

Cheese Macaroni with white sauce  
Moroccan Soup  
Veggie Lasagne  
Hummus/Salsa

#### Day 3

Chilli Paneer  
Pau Bhaji  
Kidney Bean Roll with red sauce