

# ECO BABE

## WEEKLY VEGAN MENU

### WEEK 01

#### MON

L: Lentil & chickpea curry with steamed rice and broccoli  
T: Anti Pasti

#### TUE

L: Homemade tofu pie with carrots and peas  
T: Wholemeal pitta with veg sticks and hummus

#### WED

L: Vegetable Biryani  
T: Selection of wholegrain sandwiches

#### THU

L: Creamy mixed vegetable pasta  
T: Pizza muffins

#### FRI

L: Mushroom and spinach Fettucine  
T: Minestrone soup with sourdough bread

### WEEK 02

L: Lentil bolognese with fusilli pasta  
T: Stuffed pittas

L: Roasted aubergine and tomato curry with basmati rice  
T: Cheese & sweetcorn scones

L: Spinach and cherry tomato pasta bake  
T: Tomato and basil soup with sourdough

L: Enchiladas served with chopped salad and quinoa  
T: Spinach and cherry tomato quiche

L: Sweet and sour tofu served with wholegrain rice  
T: Selection of wholegrain sandwiches

### WEEK 03

L: Jackfruit chilli with wild rice  
T: Baked vegetable muffins

L: Vegetable Fried Rice with scrambled tofu  
T: Pitta fingers with hummus and crudities

L: Seitan and Vegetable stir fry with udon noodles  
T: Tofu crunchy rainbow wraps

L: Sundried tomato and aubergine linguine  
T: Homemade oat and apple pancakes

L: Plant Based Cottage Pie with carrots and peas  
T: Selection of wholegrain sandwiches

A selection of wholegrain cereal will be served each day for breakfast