

ECO BABE

SUMMER MENU

WEEK 01

MON

L: Lentil & aubergine curry with basmati rice and broccoli
T: Roast chicken and mango rainbow wrap

TUE

L: Root veg & fish pie with steamed greens
T: Homemade courgette and cheese scones

WED

L: Sweet potato mac and cheese with roasted cauliflower
T: Chicken gyros with tzatziki

THU

L: Burrito bowls with homemade chilli and quinoa
T: Oat and Banana pancakes

FRI

L: Beef stew served with seasonal veg
T: Selection of wholegrain sandwiches

WEEK 02

L: Creamy broccoli pasta
T: Roast chicken garden salad

L: Tofu, mushroom and pea risotto
T: Stuffed pitta with hummus and veg

L: Creamy green bean soup with carrots and new potatoes
T: Selection of wholegrain sandwiches

L: Roasted salmon in a creamy spinach sauce with fusilli pasta
T: Rosemary vegetables and potatoes with a garlic mayo dip

L: Shepherds pie with seasonal veg
T: Chilled oatmeal pudding with strawberries

WEEK 03

L: Beef bolognese with rigatoni pasta
T: Roasted sweet potato and broccoli salad

L: Chickpea and coconut curry with rice
T: Savoury muffins

L: Creamy fish pie with seasonal veg
T: Cous cous salad with raisins, carrots and chickpeas

L: Creamy sweetcorn and mushroom pasta
T: Tuna wraps

L: Roast chicken with sweet potato mash and seasonal veg
T: Red lentil and carrot soup

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



eco babe
PRIVATE DAY NURSERY



ECO BABE

SUMMER PLANT BASED MENU

WEEK 01

MON

L: Lentil & aubergine curry with basmati rice and broccoli
T: Roast tempeh and mango rainbow wrap

TUE

L: Root veg & tofu pie with steamed greens
T: Homemade courgette and cheese scones

WED

L: Sweet potato mac and cheese with roasted cauliflower
T: Jackfruit gyros with tzatziki

THU

L: Burrito bowls with homemade chilli and quinoa
T: Oat and Banana pancakes

FRI

L: Lentil stew served with seasonal veg
T: Selection of wholegrain sandwiches

WEEK 02

L: Creamy broccoli pasta
T: Seitan roast garden salad

L: Tofu, mushroom and pea risotto
T: Stuffed pitta with hummus and veg

L: Creamy green bean soup with carrots and new potatoes
T: Selection of wholegrain sandwiches

L: Roasted tofu in a creamy spinach sauce with fusilli pasta
T: Rosemary vegetables and potatoes with a garlic mayo dip

L: Lentil pie with seasonal veg
T: Chilled oatmeal pudding with strawberries

WEEK 03

L: Lentil bolognaise with rigatoni pasta
T: Roasted sweet potato and broccoli salad

L: Chickpea and coconut curry with rice
T: Savoury muffins

L: Creamy tofu pie with seasonal veg
T: Cous cous, salad with raisin carrots and chickpeas

L: Creamy sweetcorn and mushroom pasta
T: Chickpea wraps

L: Seitan roast with sweet potato mash and seasonal veg
T: Red lentil and carrot soup

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



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PRIVATE DAY NURSERY

