

ECO BABE



WEEKLY MENU

WEEK 01

MON

L: Pasta Bolognese
T: Broccoli and Potato Soup

TUE

L: Chickpea and Coconut Curry with Rice
T: Selection of whole grain sandwiches and crudités

WED

L: Chicken stew with seasonal veg and new potatoes
T: Mixed Berry Baked Oatmeal

THU

L: Sweet Potato Mac 'n' cheese with rosemary breadcrumbs
T: Egg fried rice with peppers and courgette

FRI

L: Fish and root vegetable pie with carrots and peas
T: Crunchy Hummus Wraps

WEEK 02

L: Fusilli pasta in a creamy broccoli sauce
T: Baked potatoes with a selection of fillings

L: Chicken and pea risotto
T: Roasted Squash and root vegetable soup served with sourdough bread

L: Creamy Mash Potatoes with sausages and home made beans
T: Selection of wholegrain sandwiches and crudités

L: Chicken and Sweetcorn Fusilli in a beschamel sauce
T: Three bean chilli with rice

L: Shepherd's Pie with Green Beans
T: Beetroot and Coconut Soup served with sourdough bread

WEEK 03

L: Penne pasta in a rich tomato ragu
T: Selection of wholegrain sandwiches and crudités

L: Chicken and red lentil Dahl and rice
T: Pea and Potato Soup served with Pita Bread

L: Creamy Green Lentil Stew with potatoes and carrots
T: Roasted Squash and sweet potato risotto

L: Baked Salmon in a spinach sauce served with fusilli pasta
T: Roasted Tomato and Basil soup with baguettes

L: Roast chicken dinner with sweet potato mash, savoury cabbage and gravy
T: Oven baked rice pudding with cinnamon and raisins

A selection of wholegrain cereal will be served each day for breakfast.
Afternoon snack will be a variety of fresh fruit, rice cakes or yogurt.



ECO BABE



WEEKLY MENU

WEEK 01

MON

L: Lentil Bolognese
T: Broccoli and Potato Soup

TUE

L: Chickpea and Coconut Curry with Rice
T: Selection of whole grain sandwiches and crudités

WED

L: Lentil stew with seasonal veg and new potatoes
T: Mixed Berry Baked Oatmeal

THU

L: Sweet Potato Mac 'n' cheese with rosemary breadcrumbs
T: Tofu fried rice with peppers and courgette

FRI

L: Tofu and root vegetable pie with carrots and peas
T: Crunchy Hummus Wraps

WEEK 02

L: Fusilli pasta in a creamy broccoli sauce
T: Baked potatoes with a selection of fillings

L: Tofu and pea risotto
T: Roasted Squash and root vegetable soup served with sourdough bread

L: Creamy potatoes with vegan sausages and home made beans
T: Selection of wholegrain sandwiches

L: Tofu and Sweetcorn Fusilli in a beschamel sauce
T: Three bean chilli with rice

L: Lentil Pie with Green Beans
T: Beetroot and Coconut Soup served with sourdough bread

WEEK 03

L: Penne pasta in a rich tomato ragu
T: Selection of wholegrain sandwiches and crudités

L: Tofu and red lentil Dahl and rice
T: Pea and Potato Soup served with Pita Bread

L: Creamy Green Lentil Stew with potatoes and carrots
T: Roasted Squash and sweet potato risotto

L: Baked Tofu in a spinach sauce served with fusilli pasta
T: Roasted Tomato and Basil soup with baguettes

L: Nut roast with sweet potato mash, savoury cabbage and gravy
T: Oven baked rice pudding with cinnamon and raisins

A selection of wholegrain cereal will be served each day for breakfast.
Afternoon snack will be a variety of fresh fruit, rice cakes or yogurt.

