



MENU SEPTEMBER 2026

Our plant-based meals are fresh home made.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7am to 8am	- Fresh Fruit - Porridge - Toast (butter, marmite, jam) - Cereal (Doves Farm)	- Fresh Fruit - Porridge - Toast (butter, marmite, jam) - Cereal (Doves Farm)	- Fresh Fruit - Porridge - Toast (butter, marmite, jam) - Cereal (Doves Farm)	- Fresh Fruit - Porridge - Toast (butter, marmite, jam) - Cereal (Doves Farm)	- Fresh Fruit - Porridge - Toast (butter, marmite, jam) - Cereal (Doves Farm)
MORNING SNACK 9:30 AM	- Yogurt - Fresh Fruit	- Yogurt - Fresh Fruit	- Yogurt - Fresh Fruit	- Yogurt - Fresh Fruit	- Yogurt - Fresh Fruit
LUNCH 12:00 PM	- Salad - Rice + Spinach - Beans - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Lentils Bolognese Pasta - Vegan cheese - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Vegetable Soup - Garlic Bread - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Butterbean and Leek Pie, Topped with Mashed Potato - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Rice + Quinoa - Lentils - Seasonal Vegetables (roasted, steamed or boiled)
AFTERNOON SNACK 2:00 PM	- Fresh Fruit - Rice cakes	- Fresh Fruit - Oat cakes	- Fresh Fruit - Bread Sticks	- Fresh Fruit - Popcorn	- Fresh Fruit - Rice Cakes
DINNER 5:00PM	- Salad - Vegetable Risotto - Vegan Cheese - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Humous - Veggie Sticks - Bulgur + Falafel - Vegetables (roasted, steamed or boiled)	- Salad - Rice + Quinoa - Chickpea Curry - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Pesto Pasta - Vegan Cheese - Seasonal Vegetables (roasted, steamed or boiled)	- Salad - Sausage + Gravy - Yorkshire pudding - Seasonal Vegetables (roasted, steamed or boiled)
Drinks	Fresh Water are available during the day.				

- Salads: Every day will be available at lunch and dinner raw salad. Example: tomatos, cucumber, carrots, green leaves, coleslaw, etc.
- Seasonal Vegetables: Example: cauliflower, green beans, corn, spinach, zucchini, aubergine, beetroot, carrots, asparagus, brussels sprouts, cabbage, parsnip, pumpkin, etc.
- All meals are low in salt and sugar, extra virgin coconut oil and extra virgin olive oil are used in the preparations, we also use onions, garlic, parsley and spices like turmeric, cumin, paprika, etc.