Menu

MARCH 2026
Vegetarian/
Vegan

Tip of the month

PREPARED FOODS

Regular consumption of prepared and ultra-processed foods poses significant health risks such as obesity, type 2 diabetes, cardiovascular disease,and hypertension due to their high levels of saturated fats,sugars, and salt. They also cause digestive problems and affect the gut microbiota..

M/02	T/03	W/0	T/05	F/06
Spaghetti with tomato sauce	Vegan stew	Brown rice with vegetables and peas.	Cream of Pumpkin soup	Lentil stew
Vegan "meatballs " in sauce. Green beans	Vegan burger with salad	Vegan sausages with lettuce and tomato	Fried egg and chips (scrambled eggs with mushrooms)	Vegan fish with tomato, pepper and onion salad.
Seasonal fruit	Seasonal fruit	Seasonal fruit	Vegan yoghurt	Seasonal fruit
Olive oil roll	Yoghurt/ vegan yoghurt	Cheese roll	Seasonal fruit	Peanut butter roll

M/09	T/10	W/11	T/12	F/13
Cream of Courgette soup	Chickpeas with vegetables.	Vegetable noodles	Cantonese style fried rice	Lentil stew
Soybean meatballs with boulangère potatoes.	Eggs with mayonnaise. Lettuce and sweet corn	Vegan burger . Roast peppers	Spring roll. Coles and carrots salad	Vegan fish. Potatoes
Seasonal fruit	Vegan yoghurt	Seasonal fruit.	Fried banana	Seasonal fruit.
Cheese roll / vegan yoghurt	Seasonal fruit	Olive oil roll	Vegan yoghurt.	Peanut butter roll.

M/16	T/17	W/18	T/19	F/20
Whole wheat vegan spaghetti bolognaise	Potato stew	Cream of Broccoli soup	Brown rice with carrots and peas.	Lentil stew
Vegan fish. Roast vegetables	Vegan burger with salad	Vegan meatballs with boulangère potatoes.	Falafel.Tomato, pepper and onion salad.	Scrambled eggs with mushrooms and chips/ vegan sausages
Seasonal fruit	Seasonal fruit	Seasonal fruit	Yoghurt	Seasonal fruit
Olive oil roll	Vegan yoghurt	Cheese roll / seasonal fruit	Seasonal fruit.	Peanut butter roll.

M/23	T/24	W/25	T/26	F/27
Rice with vegetables and peas	Cream of vegetable soup	Whole wheat pasta in tomato sauce.	Pinto bean stew.	**EASTER HOLIDAYS**
Vegan burger with mushrooms	Vegan pizza.	Spanish omelette with Green beans / Falafel.	Vegan sausages. Lettuce and tomato.	
Seasonal fruit	Vegan yoghurt	Green beans	Seasonal fruit	
Cheese roll / vegan yoghurt	Seasonal fruit	Seasonal fruit	Vegan yoghurt.	
		Peanut butter roll.		