

Lunches

School Subscription Menu - 26 / 27

Lunches



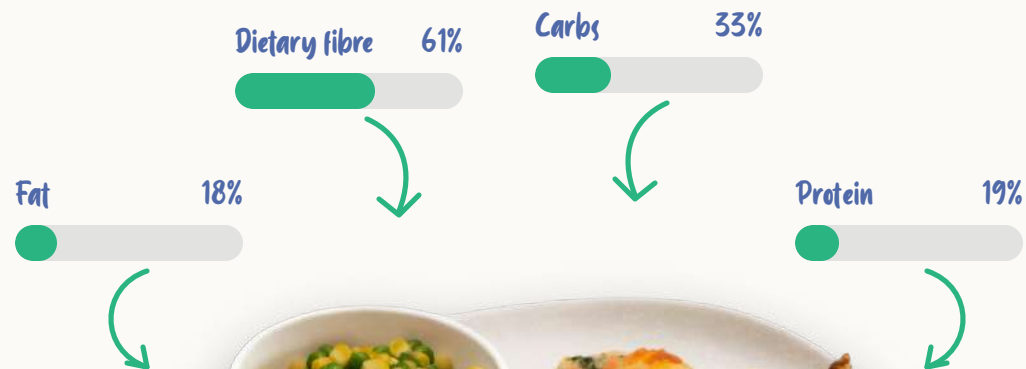
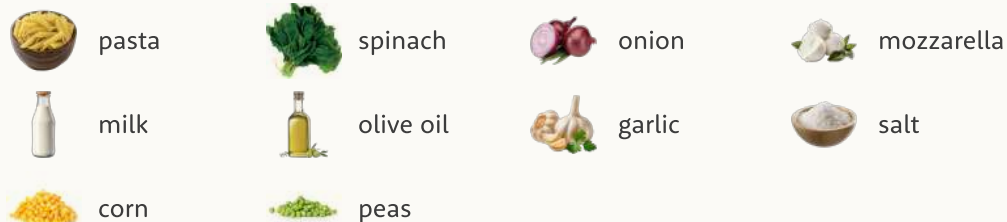
Week 1

Spinach pasta bake + steamed corn & peas

Healthy secrets

- ✓ High in Dietary fibre, essential for healthy absorption & elimination.
- ✓ High in Vitamins B1, 2, 3, 5 and 6 and extremely high in vitamin B12 for a healthy nervous system.

Ingredients



% Recommended Daily Intake



Dinner suggestions:

This meal is rich in vitamins & minerals, but features only green veg. Did you know that each colour has a different nutritional benefit? Eat the rainbow at dinner- literally! Create a rainbow design from mixed bell peppers, corn, olives and purple cabbage as a topping over your home made pizza. Resist the urge to douse in cheese (if you prefer, sprinkle parmesan and mozzarella under the veg rather than over). The point is for children to appreciate the colours!

Baked chicken in saffron rice + yogurt

Healthy secrets

- ✓ Extremely high in essential proteins.
- ✓ Very high in copper to form healthy red blood cells.
- ✓ High in Phosphorus to build strong bones.
- ✓ Very high in Vitamins B3, 5, 6 and 12, essential for nerve function.
- ✓ Very high in Selenium and Manganese for a strong immune system.

Ingredients



rice



chicken



tomato



onion



peas



mixed
spices



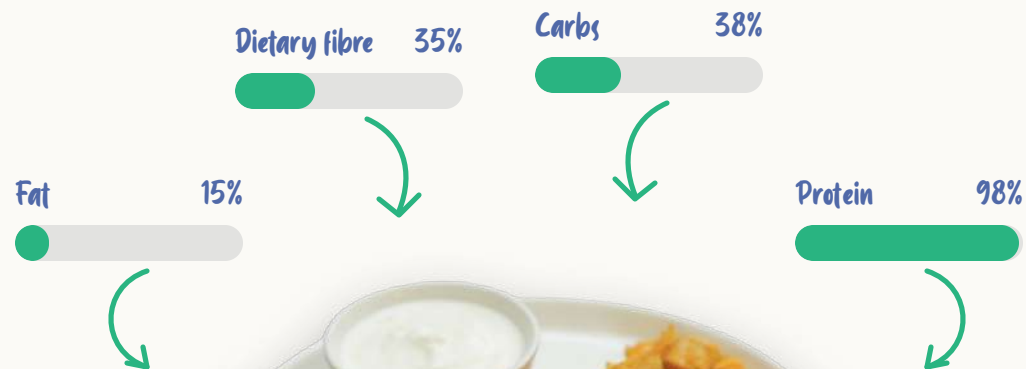
lemon



salt



yogurt



% Recommended
Daily Intake



Dinner suggestions:

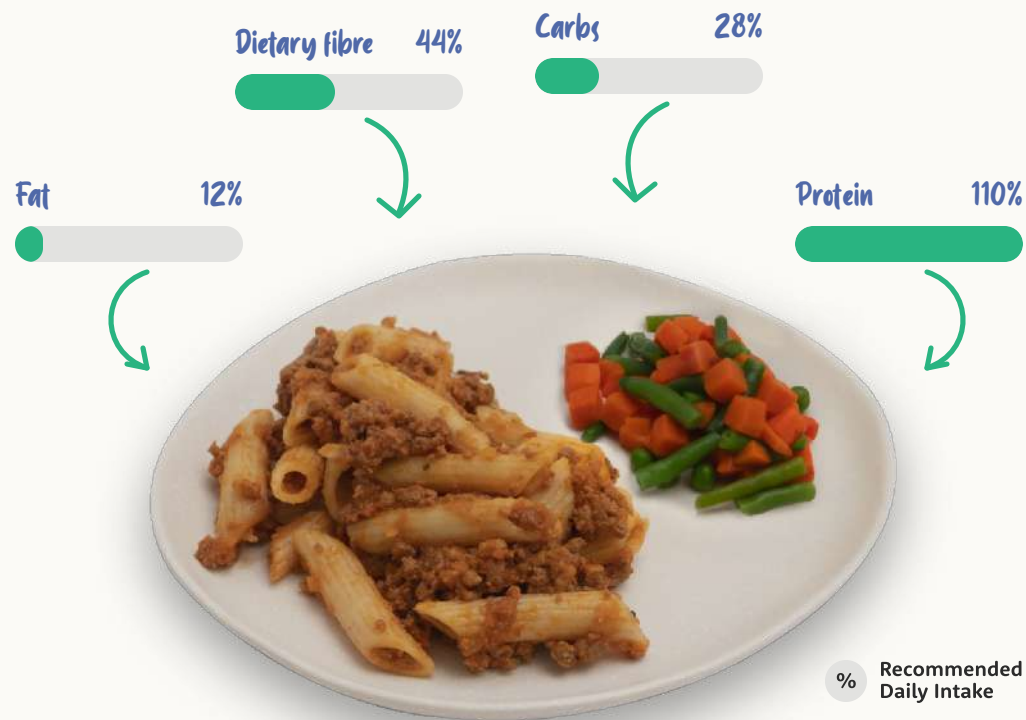
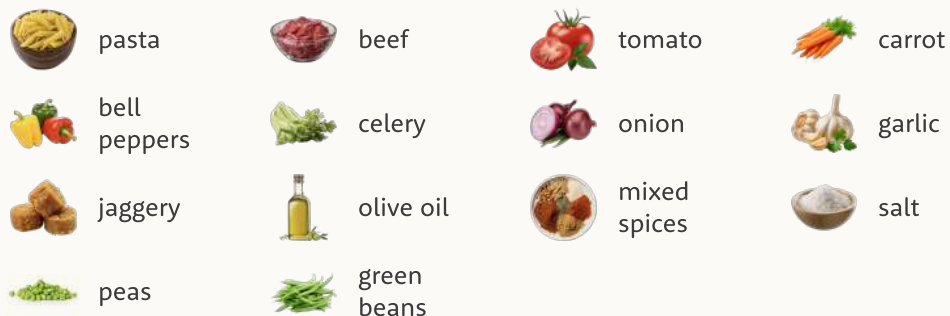
To complement this protein rich meal, we like to steam a range of veg (perhaps add another fave root veg, since pumpkin is part of this one), then blitz with a drizzle of melted butter or sprinkle grated unprocessed cheese. Serve this soup with wholemeal/ sourdough bread for a quick and tasty dinner. Here's one of our faves: <https://www.inspiredtaste.net/9603/creamy-vegetable-soup-recipe/>

Beef bolognese pasta + mixed vegetables

Healthy secrets

- ✓ A complete source of proteins and amino acids including Valine, Tryptophan and Lysine.
- ✓ High in Phosphorus for stronger immunity and bones.
- ✓ Very high in Manganese, Magnesium and Potassium which keep energy levels high.
- ✓ High in vitamins B1, 2, 3, 5, 6 and 12 for a healthy nervous system.

Ingredients



Dinner suggestions:

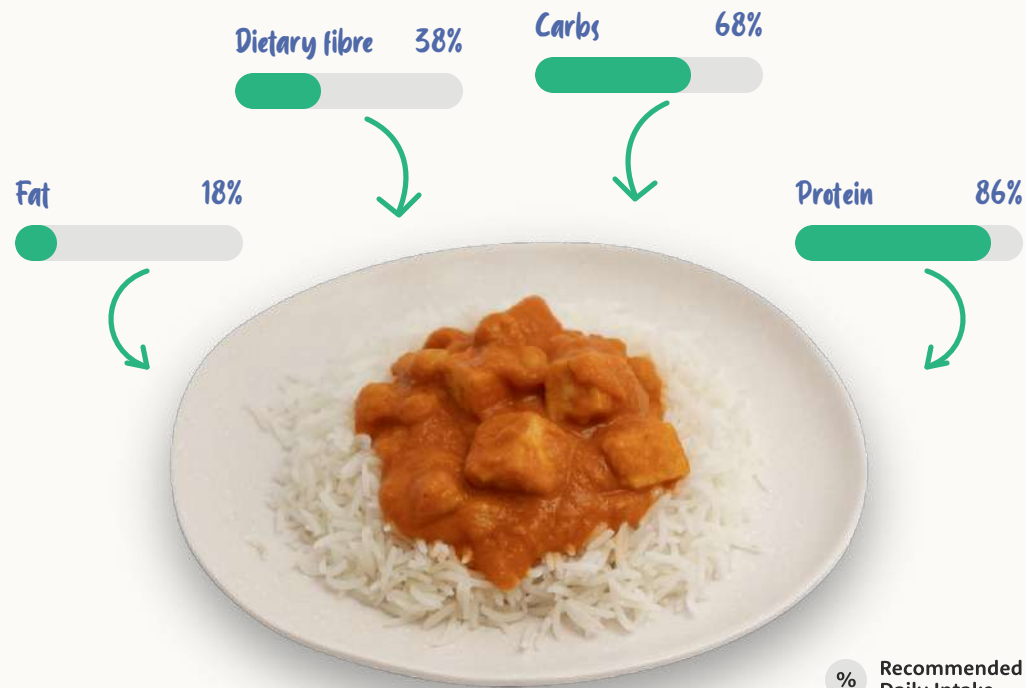
This meal is high in protein, iron and fiber. Try a calcium rich dinner: broccoli, sesame/tahini and lentils are all good sources. On days your child isn't hungry for a big meal, a chia yogurt pudding with chopped fruit is delicious, cooling and a Calcium powerhouse!

Paneer & chickpea curry in mixed root veg sauce + steamed rice

Healthy secrets

- ✓ Provides vitamin B12, important for energy metabolism and nervous system function.
- ✓ Rich in high quality protein for growth and muscle development.
- ✓ Provides sustained energy from rice and legumes.
- ✓ Excellent source of Calcium and Phosphorus for healthy bones and teeth.
- ✓ Rich in Vitamin A for vision, immunity and skin health.

Ingredients



% Recommended Daily Intake



Dinner suggestions:

Since lunch already contains plenty of legumes, dairy protein, carbs and orange veg, for dinner focus on different veg, lighter proteins and healthy fats. Eg: veggie egg muffins + salad and fruit, or a baked potato with protein rich toppings, served with a sweetcorn and cucumber salad.

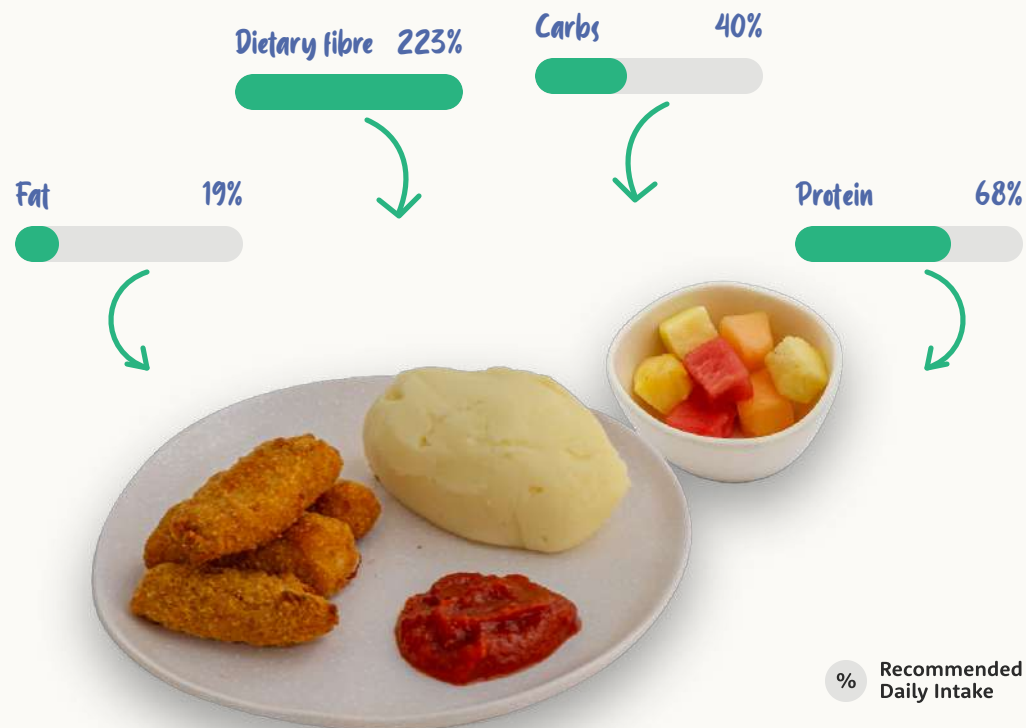
Baked chicken milanese + mashed potato + fresh fruit

Healthy secrets

- ✓ High in Vitamin A to protect eyes, and support bone health.
- ✓ High in Iron.
- ✓ High in Vitamin B6 for brain development and to balance mood.
- ✓ High in Niacin for a healthy metabolism.
- ✓ High in Protein.
- ✓ Very high in Vitamin C to boost immunity and also help absorb iron more efficiently.

Ingredients

	chicken		wholewheat breadcrumbs		chickpea flour		olive oil
	egg		potato		milk		butter
	salt		cucumber		tomato		carrot
	garlic		jaggery		apple cider vinegar		fresh fruit



Dinner suggestions:

The popular children's meal done right! This dish features a fiber rich coating, hormone & antibiotic free protein and healthy carbs from a big serving of veg. A good complement would be a dinner featuring colourful vegetables and seeds for their good fats and antioxidant benefits. Here are some ideas:
<https://www.sneakyveg.com/vegetable-recipes-kids/>

Lunches



Week 2

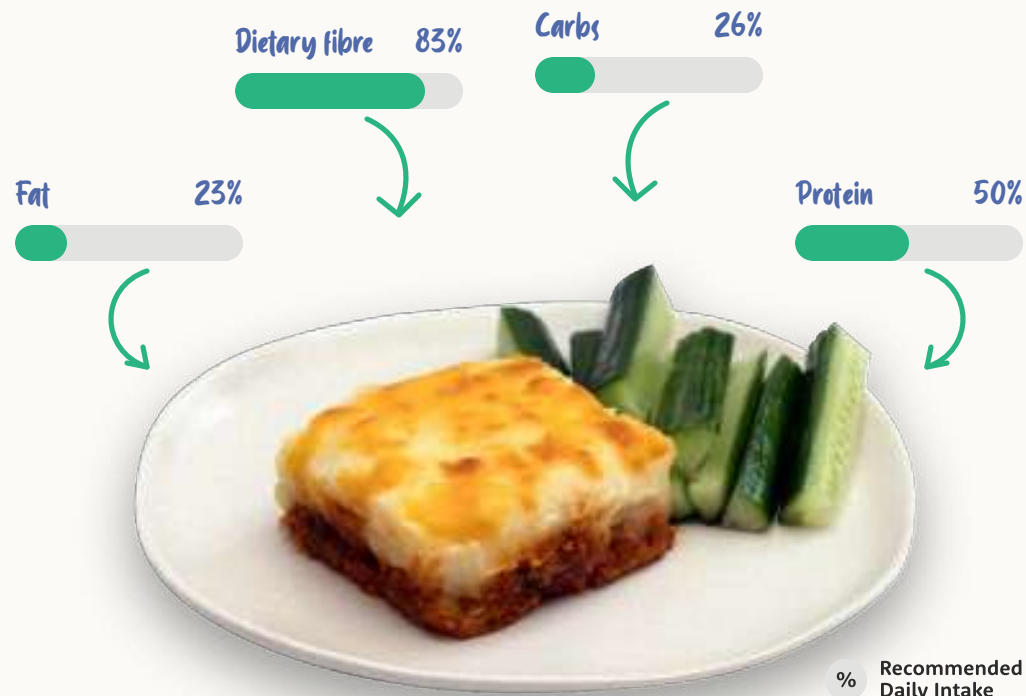
Harvest pie + cucumber

Healthy secrets

- ✓ High in Biotin that supports healthy hair, skin, nails and helps maintain normal metabolism.
- ✓ High in Retinol, the active form of Vitamin A, which supports healthy vision and immune function.
- ✓ High in Folate which is essential for making new cells and DNA.
- ✓ Very high in Potassium that supports muscle function and balances fluids and electrolytes in the body.

Ingredients

 mixed veg	 potato	 cauliflower	 red beans
 bell peppers	 carrot	 celery	 cucumber
 butter	 cheese	 milk	 onion
 tomato	 olive oil	 garlic	 vegetable stock
 basil	 jaggery	 mixed spices	 salt



Dinner suggestions:

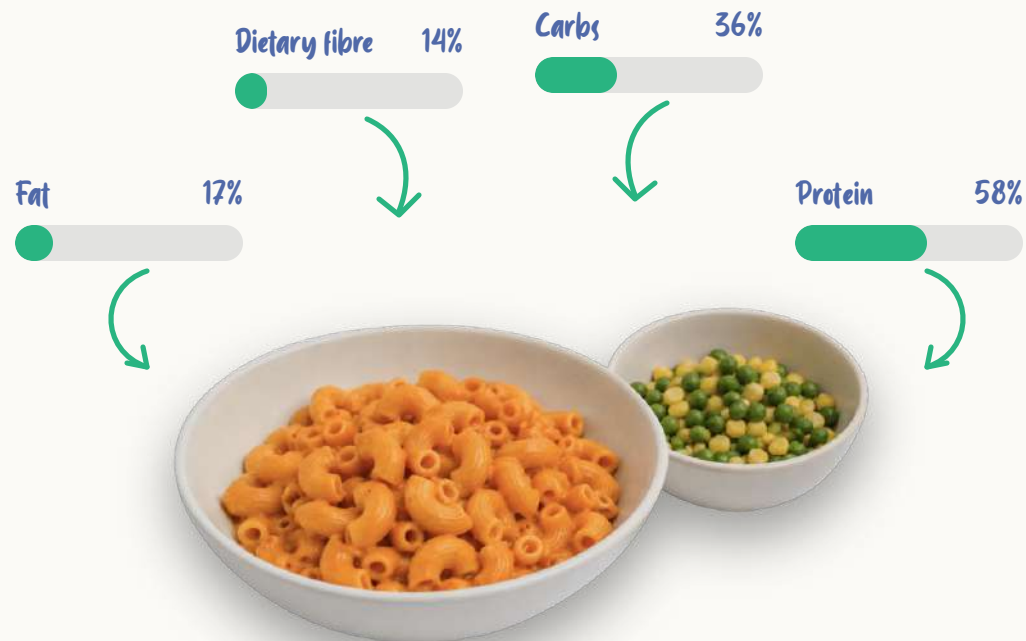
This dish is high in Biotin (Vitamin B7), Iron and plant protein and essential amino acids from the beans and legumes in our veggie bolognese. For dinner how about maximising other types of B Vitamins and Iron (plus Vitamin C to enhance absorption)? Great combinations include: spinach + lentil pilaf + tomatoes or the undisputed champion, liver (surreptitiously grated into bolognese, perhaps!) with pasta.

Creamy tomato pasta + steamed peas & corn

Healthy secrets

- ✓ Good mineral profile: rich in Magnesium, Phosphorus, Zinc, Copper and extremely rich in Selenium and Manganese to protect against oxidative stress, boost immunity and for healthy skin, hair and nails.
- ✓ High in Dietary fibre, essential for healthy absorption & elimination.
- ✓ High in Vitamins B1, 2, 3, 5 and 6 and extremely high in vitamin B12 for a healthy nervous system.
- ✓ Very high in Vitamin C, the immunity-boosting vitamin, and Vitamin A for good vision, growth and good bone health.

Ingredients



% Recommended Daily Intake



Dinner suggestions:

This humble veggie dish still features plenty of protein from the hidden veg in the sauce, and the pasta itself. As an added insurance, you could go in for a protein rich dinner, but don't forget that fiber and fats are just as important!

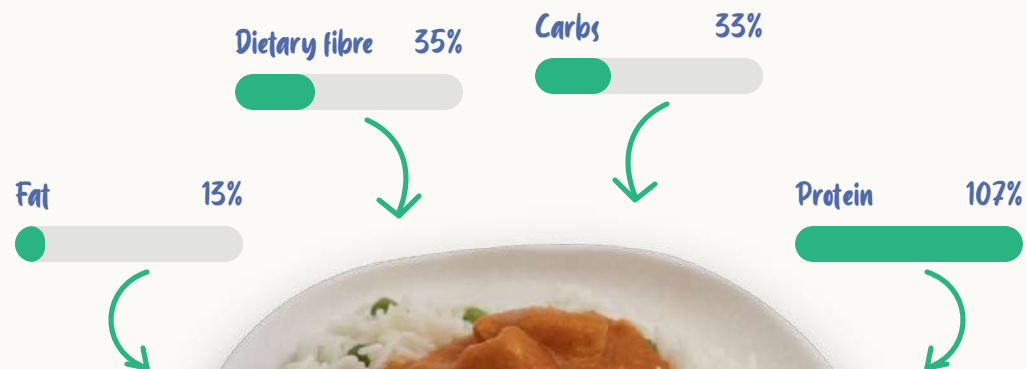
Butter chicken in mixed root veg sauce + peas pilaf rice

Healthy secrets

- ✓ Extremely high in Vitamin A for strong vision.
- ✓ Very high in Vitamin C for immune support.
- ✓ Very high in tryptophan, a protein that keeps us full for longer.
- ✓ Very high in vitamins B3 and B6 that support metabolism and help maintain, nourish & regenerate nerves.

Ingredients

	rice		chicken		tomato		pumpkin
	carrot		potato		onion		peas
	butter		lemon		ginger		garlic
	cream		olive oil		jaggery		mixed spices
	cinnamon						



% Recommended Daily Intake



Dinner suggestions:

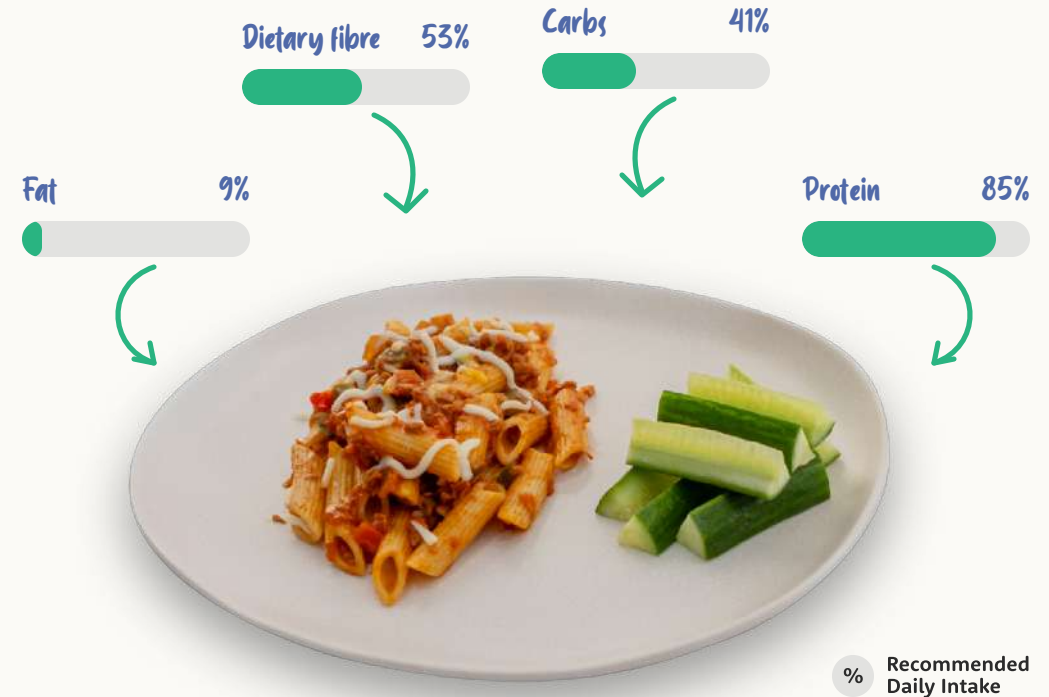
This dish prioritizes orange veg, such as carrot & butternut squash. A great way to balance this would be to include other colours of rainbow veg with dinner, either through veggie crudité's with a dip (as a snack while dinner is being prepared), or at dinner, blended into a pasta sauce or soup with wholemeal bread.

Tex mex veg pasta + cucumber

Healthy secrets

- ✓ Soy is a complete protein, containing all essential amino acids.
- ✓ High in fibre, helping children stay fuller for longer.
- ✓ Rich in Folate, Vitamin K and plant antioxidants.
- ✓ Rich in Iron to support growth and muscle development.
- ✓ Rich in Vitamin C and Lycopene, an antioxidant that supports immunity and helps absorb Iron.

Ingredients



Dinner suggestions:

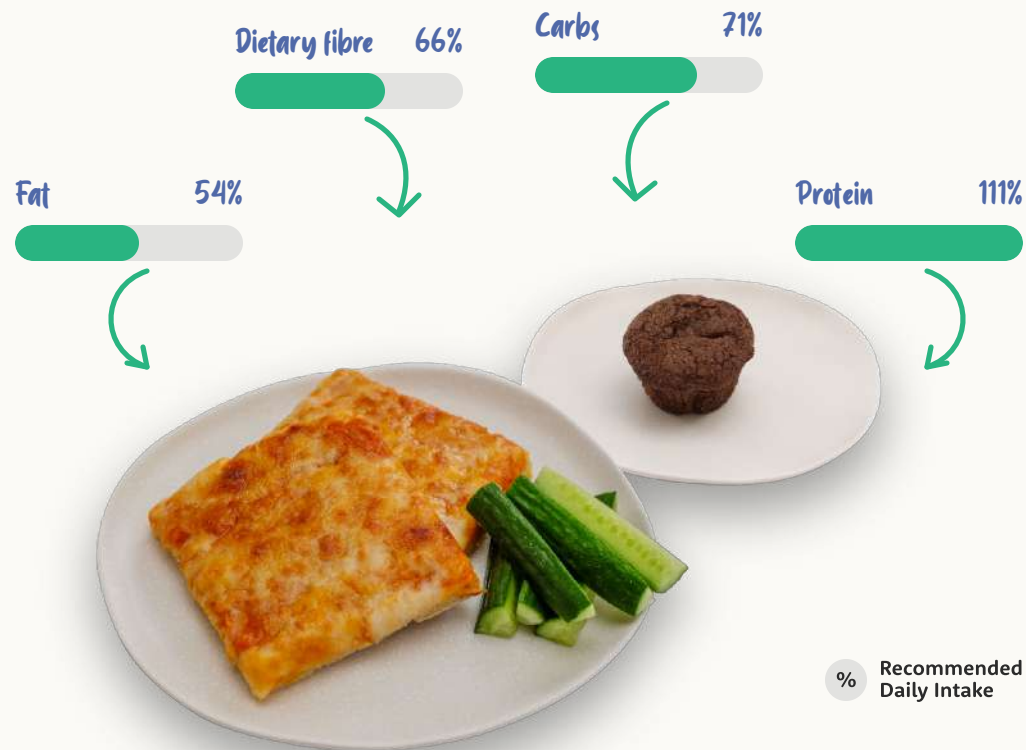
Since lunch already has carbs, protein and plenty of veg, for dinner try focussing on different nutrients: a veggie omelet + salad, a hummus, halloumi & veggie platter with wholegrain pita, or bean and avo tacos with a quick tomato salsa and salad.

Powerpacked pizza + cucumber + fruit muffin

Healthy secrets

- ✓ High in Vitamin C for healthy growth, development and immune function.
- ✓ High in dietary fibre for proper digestion and elimination.
- ✓ Very high in B vitamins, Folate and Vitamins E & K for nerve function and healthy skin.
- ✓ A good source of slow-release carbs to keep us mentally alert through the morning.
- ✓ Extremely rich in minerals: Selenium, Manganese, Copper, Calcium, Zinc, Phosphorus & Magnesium.
- ✓ Veg and wholegrains make this meal a plant-protein powerhouse!

Ingredients



% Recommended Daily Intake



Dinner suggestions:

Our pizza features a panoply of fresh veg in the sauce, and a burst of calcium from freshly grated cheese. We suggest an iron rich dinner featuring liver (try freezing and grating it into your sauce or casserole to hide it in- no liver smell!) or pre-soaked beans/ lentils to help balance the day's nutrients. Did you know that according to NHS and AAP guidelines, carbs through vegetables, wholegrains and fruit should make up 45-60% of a child's diet? Carbs mean energy, and children need lots of energy to play, learn & grow.

Lunches



Week 3

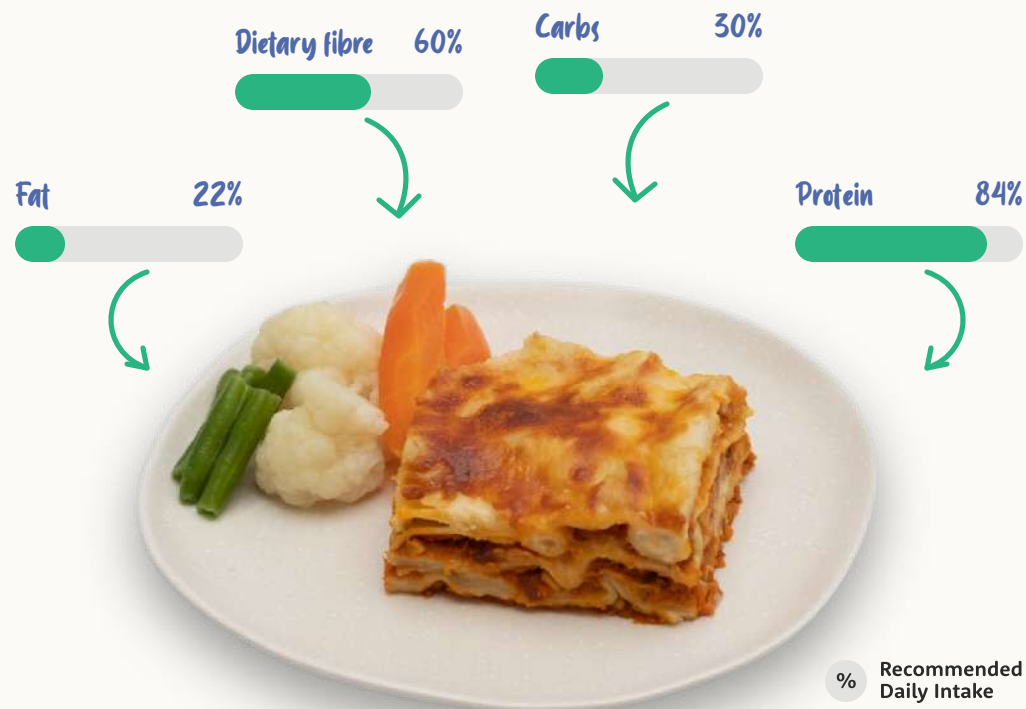
Hearty veggie bake + mixed vegetables

Healthy secrets

- ✓ Very high in Vitamin A to support eye and skin health and antioxidant protection.
- ✓ Great mineral profile: rich in Iodine, Calcium, Magnesium, Phosphorus, Potassium, Selenium & Zinc.
- ✓ Contains fat-soluble Vitamins D and E, essential for immune support and healthy skin and hair.

Ingredients

	red beans		chickpeas		lasagna sheets		milk
	mixed veg		bell peppers		wholewheat flour		cheese
	olive oil		butter		celery		onion
	garlic		mixed spices				



Dinner suggestions:

For dinner, vary the protein and veg for a broader range of nutrients. Try salmon with mashed sweet potato and peas, mini chicken meatballs with roasted carrots and cucumber, or — if your child is only peckish — scrambled eggs on wholewheat toast with avo and cherry tomatoes.

Chicken paella + yogurt

Healthy secrets

- ✓ Very high in essential Proteins.
- ✓ Very high in Copper to form healthy red blood cells.
- ✓ High in Phosphorus to build strong bones.
- ✓ Very high in Vitamins B3, 4, 6 and 12 that are essential for nerve function.
- ✓ Very high in Selenium and Manganese for a strong immune system.

Ingredients



rice



vegetable stock



chicken



tomato



bell peppers



peas



potato



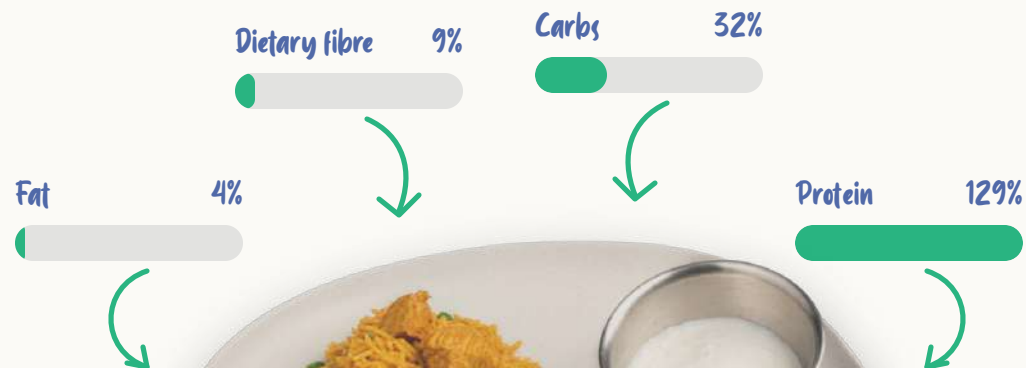
olive oil



mixed spices



yogurt



% Recommended Daily Intake



Dinner suggestions:

Try serving a fiber rich dinner to complement the protein rich lunch. Make sure to add some good fats like extra virgin olive oil, ghee, or grass-fed butter to ensure your child can absorb fat-soluble vitamins from the veg. We like this recipe: <https://weelicious.com/veggie-casserole/>

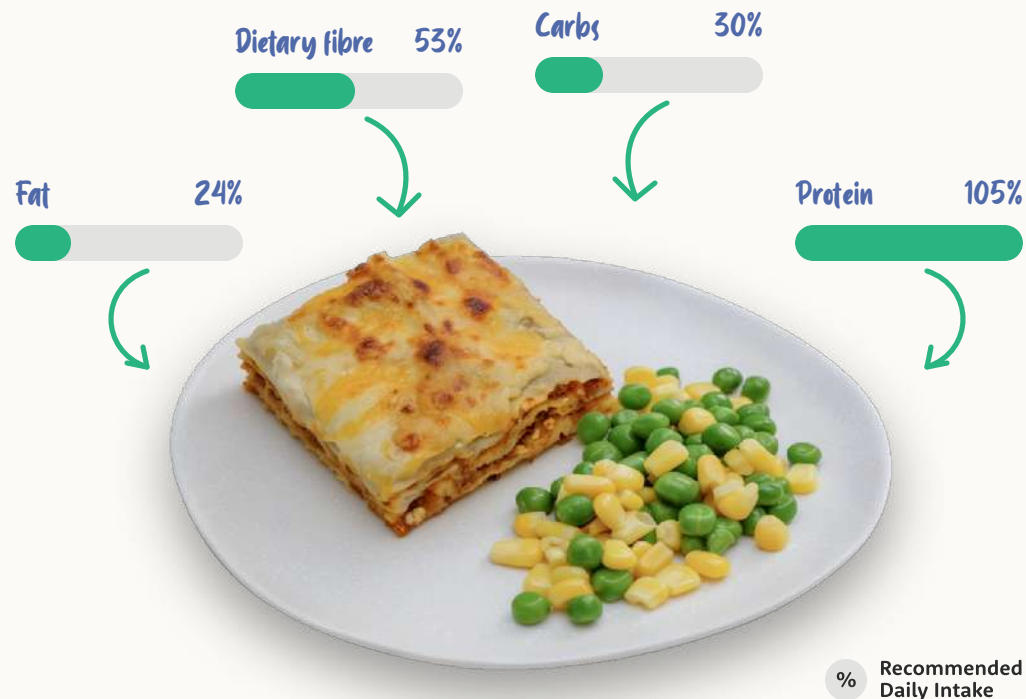
Beef lasagna + steamed peas & corn

Healthy secrets

- ✓ High in Selenium & Phosphorus for stronger immunity.
- ✓ High in Magnesium for muscle repair, and controlling cravings for sugar and junk food.
- ✓ Very high in dietary fiber, a must for a healthy gut.
- ✓ High in Zinc for a strong immune system, wound healing and stronger hair.
- ✓ High in good fats and fat soluble vitamins E, A, D, K for healthy skin, hair and blood clotting.

Ingredients

	beef		tomato		carrot		onion
	celery		jaggery		olive oil		mixed spices
	lasagna sheets		milk		wholewheat flour		cheese
	peas		corn		sea salt		



Dinner suggestions:

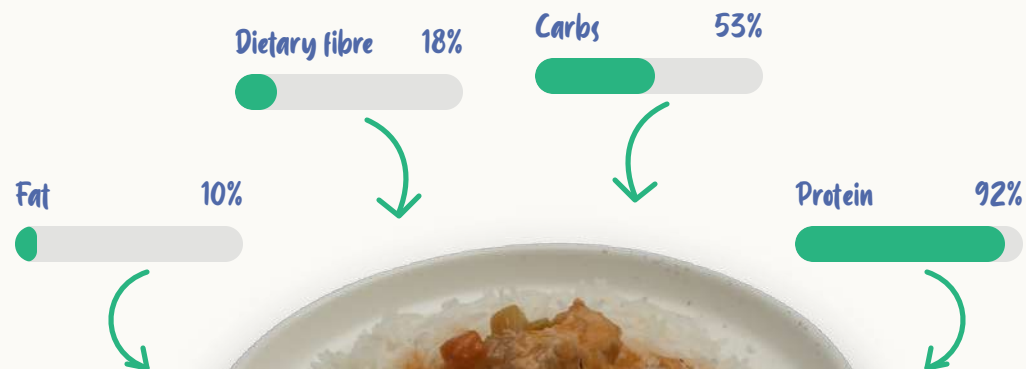
This dish is high in heme iron (the bio-available kind). This nutrient is further unlocked by the addition of tomato for vitamin C which enhances its absorption. The nutrient that cannot be present in a good quantity in this meal is Calcium, as this cancels Iron out. Greek yogurt with fruit could be a great snack to add calcium + protein, fiber & good fats later in the day. For dinner: beans/ salmon/ sardines/ nuts & seeds all have calcium.

Chicken & vegetable stew + rice

Healthy secrets

- ✓ Rich in Vitamin A for strong vision.
- ✓ Very high in Vitamin C, essential for immunity and a host of essential biological functions.
- ✓ Very high in Potassium which keeps energy levels high and prevents muscle cramping.
- ✓ Very rich in dietary fibre, essential for assimilation and elimination.

Ingredients



% Recommended Daily Intake



Dinner suggestions:

For dinner, best to avoid another heavy meat and rice meal, and instead offer something lighter with different textures and nutrients: a cheesy veggie omelet, a loaded baked potato, or salmon fishcakes with peas, sweetcorn and cucumber salad are all good options.

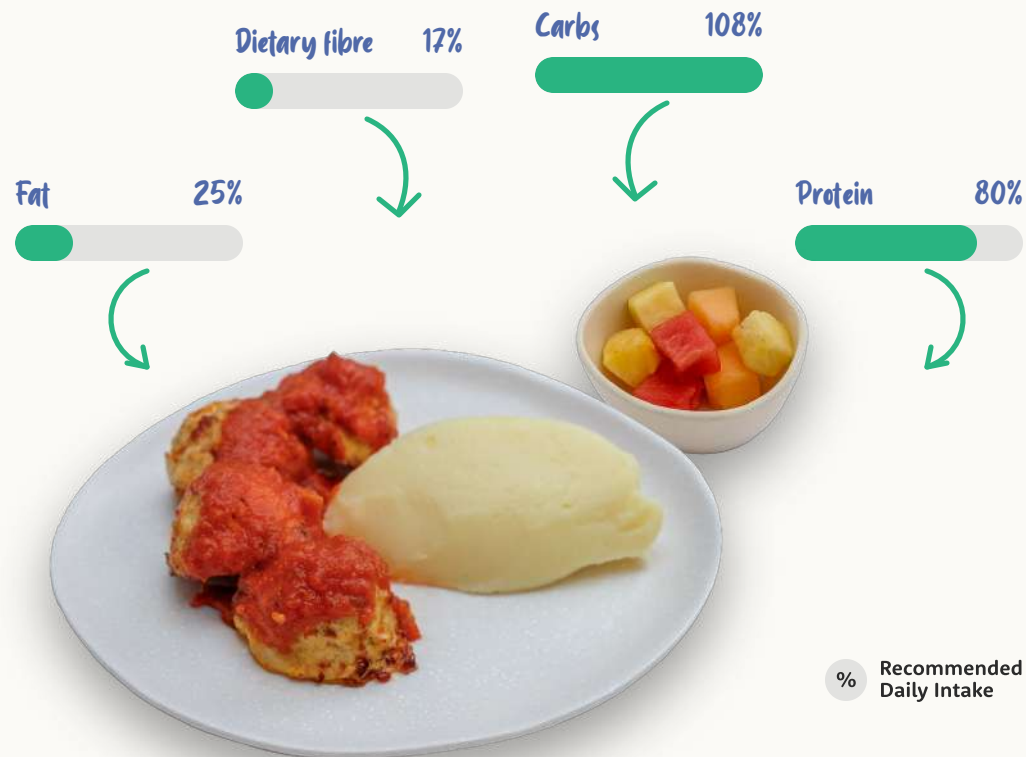
Baked chicken meatballs in scratch made tomato sauce + mashed potato + fresh fruit

Healthy secrets

- ✓ High in Vitamin A to protect eyes, support a healthy immune system and bone health.
- ✓ High in Iron.
- ✓ High in Niacin for a healthy metabolism.
- ✓ Very high in Vitamin C which boosts immunity and also helps absorb iron more effectively.
- ✓ High in Protein.
- ✓ High in Vitamin B6 for brain development and to balance mood.

Ingredients

	chicken		tomato		zucchini		oats
	carrot		wholewheat breadcrumbs		milk		onion
	olive oil		garlic		mixed spices		jaggery
	salt		potato		butter		fresh fruit



% Recommended Daily Intake



Dinner suggestions:

This dish has it all, but a boost of dietary fiber is always a good idea. Fiber rich foods include darker veg like spinach, red potato, Swiss chard, broccoli, kale and purple cabbage. Nuts are also a good source but we at Leela's lunches are strictly nut free due to allergy considerations. If your child isn't allergic, they make a great on-the-go snack! A fiber rich meal would be a spinach pesto pasta: follow a regular pesto recipe, but substitute spinach for $\frac{1}{4}$ or $\frac{1}{2}$ of the fresh basil. Use brown rice pasta for an added fiber boost.