



Leela's
lunches

OUR HEALTH PHILOSOPHY

"Leela's lunches is committed to shaping the palates of the future generation, towards real and whole foods, and sustainable healthy choices"



we add vegetables to purees, sauces and desserts



all our meat is certified hormone and antibiotic-free



we prioritize wholegrains as much as possible



everything is made from scratch. no processed ingredients



no artificial or refined sweeteners





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Menu

week 1

MON	MORNING SNACK	Pumpkin french toast + antioxidant syrup
	LUNCH MEAT	Beef lasagna + steamed carrots
	LUNCH VEG	Butternut squash, spinach & scratch made cottage cheese lasagna + steamed carrots
TUES	MORNING SNACK	Wholewheat croissant + fresh fruit
	LUNCH MEAT	Chicken paella + yogurt
	LUNCH VEG	Veggie paella + yogurt
WED	MORNING SNACK	Scratch made granola + yogurt + fresh fruit
	LUNCH MEAT	Creamy tomato pasta + steamed corn
	LUNCH VEG	N/A
THUR	MORNING SNACK	Sweet potato pancake + honey
	LUNCH MEAT	Butter chicken in mixed root veg sauce + steamed rice
	LUNCH VEG	Butter paneer in mixed root veg sauce + steamed rice
FRI	MORNING SNACK	High fiber biscuit + powerpacked pizza + cucumber sticks
	LUNCH MEAT	N/A
	LUNCH VEG	N/A





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week 2

MON	MORNING SNACK	Orange eggy bread + antioxidant syrup
	LUNCH MEAT	Cottage pie + steamed carrot & cauliflower
	LUNCH VEG	Veggie pie + steamed carrot & cauliflower
TUES	MORNING SNACK	Oat flapjack + strawberry yogurt
	LUNCH MEAT	Baked chicken in saffron rice + yogurt
	LUNCH VEG	Veggie biryani + yogurt
WED	MORNING SNACK	Hearty squash loaf
	LUNCH MEAT	Carrot raisin pasta + steamed corn & peas
	LUNCH VEG	N/A
THUR	MORNING SNACK	Wholewheat pancake + fresh fruit
	LUNCH MEAT	Pizza quattro stagioni + cucumber & melon salad
	LUNCH VEG	N/A
FRI	MORNING SNACK	Baked wholegrain chicken or veggie nuggets + mashed potato + apple
	LUNCH MEAT	N/A
	LUNCH VEG	N/A





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Menu

week 3

MON
MORNING
SNACK
LUNCH
MEAT

Cucumber & cream cheese sandwich

Creamy tomato pasta + steamed peas & carrots

LUNCH
VEG

N/A

TUES
MORNING
SNACK
LUNCH
MEAT

High fiber biscuit

Sweet & sour chicken with bell pepper & pineapple + steamed rice

LUNCH
VEG

Sweet & sour tofu with bell pepper & pineapple + steamed rice

WED
MORNING
SNACK
LUNCH
MEAT

Blueberry banana bread

Tex mex beef pasta + cucumber

LUNCH
VEG

Tex mex veggie pasta + cucumber

THUR
MORNING
SNACK
LUNCH
MEAT

Fresh fruit + wholewheat croissant

Chickpea and sauteed vegetable pilaf + yogurt

LUNCH
VEG

N/A

FRI
MORNING
SNACK
LUNCH
MEAT

Baked chicken or veggie 'meat'balls in tomato sauce
+ mashed potato + banana

LUNCH
MEAT

N/A

LUNCH
VEG

N/A

