

# vegetarian

MONTH: June 2026

- Sunny View School -

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sautéed vegetable stew with roasted garlic with salad buffet or Gazpacho - Vegetable "paella" with chickpeas Fruit and bread	2 Vegetables lentils with salad buffet or Gazpacho Vegetables lasagna with sautéed mushrooms Fruit and wholemeal bread	3 Whole wheat macaroni (eco.) with salad buffet or Gazpacho Vegetable wok Fruit and bread	4 Stewed beans (pepper, onion, carrot) with salad buffet or Gazpacho French omelette with vegetable stew Fruit and wholemeal bread	5 Courgette cream soup with salad buffet or Gazpacho Vegetables pie Fruit and bread
8 Organic cream of roasted pumpkin, coconut and ginger with salad buffet or Gazpacho Spring roll with sautéed spinach Fruit and bread	9 - Organic chickpea stew with salad buffet or Gazpacho Vegetables lasagna with vegetable stew Fruit and wholemeal bread	10- Napolitan style Brown rice with salad buffet or Gazpacho Spanish omelette with AOVE with ratatouille Fruit and bread	11 Napolitan style Brown rice with salad buffet Gazpacho Vegetables meatballs with vegetable and quinoa stew Fruit and wholemeal bread	12 Tagliatelle with tomato (eco.) with salad buffet or Gazpacho Lentil and mint burger with sautéed mushrooms Fruit and bread
15 Pumpkin and carrot soup (eco) with turmeric with salad buffet or Gazpacho Veggie meatballs with vegetables with french fries Fruit and bread	16 Stewed beans (pepper, onion, carrot) with salad buffet or Gazpacho Baked potato omelet with sautéed green beans Fruit and wholemeal bread	17 Cuban style rice with salad buffet or Gazpacho Fajitas with lentil bolognese with vegetable stew Fruit and bread	18 Steamed broccoli with potatoes with salad buffet or Gazpacho Vegetables pie with brown rice sauteed with garlic Fruit and wholemeal bread	19 Vegetable soup (eco.) with rice with salad buffet Napolitan macaroni with slice of roasted aubergine Fruit and bread
22 Whole wheat noodle soup with salad buffet or Gazpacho Veggie lentels with vegetables and tofu with sautéed vegetables Fruit and bread	23 - Stewed White beans with salad buffet or Gazpacho French omelette Fruit and wholemeal bread	24 Cream of zucchini (leek, zucchini, potato) with salad buffet or Gazpacho Margherita pizza with sautéed vegetables Ice cream and bread	25	26
29	30			