



JUNE MENU - REGULAR



Monday	Tuesday	Wednesday	Thursday	Friday
			Egg Burritos 1 Portion: 1 full burrito (cut into half) Avocado slices	Torta di Pomodoro Festa! (Pizza Party) 2
Refried Bean Taco Roll-Ups 5 Portion: 1 full Taco (cut in half) 5 tbsp ketchup	Baked Chicken Tenders 6 Portion: 3 chicken tenders 1 banana	Mini Meatballs 7 Portion: 2 mini balls served with any option like (tortilla, pasta, veggies)	Salmon Salad Sandwich 8 Portion: 2 sandwiches with cucumber or mango slices	Torta di Pomodoro Festa! (Pizza Party) 9
Broccoli Pesto 12 Portion: ½ cup broccoli pesto	Turkey Wrap 13 Portion: 1 turkey wrap with 2 kiwi (cut into slices)	Aromatic chicken & rice 14 Portion: ½ cup chicken with rice	Crispy Herb Salmon Bites 15 Portion: 3 salmon bites with steamed broccoli and cucumber slices	Torta di Pomodoro Festa! (Pizza Party) 16
Pasta Bolognese 19 Portion: ½ cup pasta	Kale and Spinach Quesadilla 20 Portion: 2 quesadillas with any sauce	Crispy White Fish with Pineapple and Avocado Chunks 21 Portion: 2 crispy fish with fruit chunks	Mauritian Lamb with Lentils & Rice 22 Portion: ½ cup rice with lamb lentil	Torta di Pomodoro Festa! (Pizza Party) 23
Turkey Kebabs with Crispy Chicken Clun Sandwich 26 Portion: 2 kebabs with 2 slice sandwich	Pasta Salad with Chicken 27 Portion: ½ cup pasta	Fish Fingers & Sweet Potato Chips 28 Portion: ½ cup pasta	Egg Burritos 29 Portion: 1 full burrito (cut into half) Avocado slices	Torta di Pomodoro Festa! (Pizza Party) 30



Breakfast Burritos



Ingredients

2 tablespoons butter or neutral oil
 2-3 eggs (lightly beaten)
 7 ounce can of pinto or black beans (rinsed and drained)
 1 cup shredded cheddar cheese
 2-3 whole wheat fajita-size tortillas
 Salsa, guacamole, or sour cream, optional

Nutritional Information

Carbohydrate:	28g
Protein:	15g
Fat:	13g
Calories:	287Kcals

Refried Bean Taco Roll-Ups



Ingredients

14.5- ounce refried beans (or about 1 ½ cups of homemade refried beans)
 3 small tortillas (corn or flour)
 1-ounce shredded chicken
 salsa, cheese, sour cream, and assorted taco topping as desired

Nutritional Information

Carbohydrate:	23g
Protein:	12g
Fat:	16g
Calories:	375Kcals

Baked Chicken Tenders



Ingredients

- 1-2 cups white or yellow corn tortilla chips (or 1 cup panko bread-crumbs and ¼ salt)
- 1 pound chicken tenders
- 2 eggs
- 1/3 cup all-purpose flour (or cup-for-cup gluten-free flour)

Nutritional Information

Carbohydrate:	43g
Protein:	23g
Fat:	18g
Calories:	414Kcals

Mini Meatballs (with Veggies)



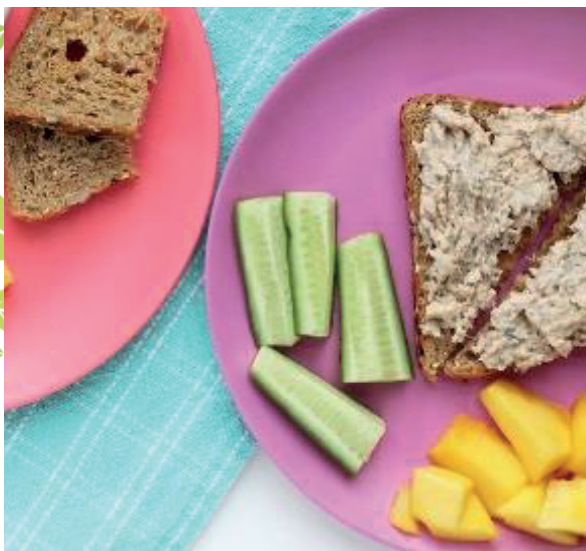
Ingredients

- 1/4 cup rolled oats
- 1/4 cup Italian breadcrumbs
- 2-4 kale leaves, stems removed (or about ½ cup flat-leaf parsley leaves or some of each)
- 1 small onion, peeled and roughly chopped
- 1/2 cup grated Parmesan
- 1 garlic clove, peeled (optional)
- 1 pound ground beef
- 1 egg

Nutritional Information

Carbohydrate:	9g
Protein:	18g
Fat:	12g
Calories:	215Kcals

Salmon Salad Sandwich



Ingredients

14.5 ounce can wild Alaskan salmon (with bones, drained or any liquid)
 1/4 cup plain whole milk Greek yogurt (or mayonnaise)
 2 tablespoons relish
 1 teaspoon Dijon mustard
 1 teaspoon dried parsley
 Bread, crackers, and cucumbers for serving as desired

Nutritional Information

Carbohydrate:	9g
Protein:	25g
Fat:	6g
Calories:	158Kcals

Broccoli Pesto



Ingredients

2 cups broccoli florets (raw)
 1 cup parsley leaves (lightly packed; or basil—this is optional but recommended)
 1-2 tbsp fresh lemon juice
 1 tbsp fresh lemon zest (grated on a microplane)
 1/2 cup olive oil
 1/2 cup grated Parmesan cheese
 1/2 cup roasted unsalted sunflower seeds (or toasted almonds or walnuts)

Nutritional Information

Carbohydrate:	12g
Protein:	4g
Fat:	15g
Calories:	210Kcals

Turkey Wrap



Ingredients

- 1 whole wheat flour tortilla (fajita size)
- 1-2 tablespoons mayo (or mustard, hummus, guacamole, or butter)
- 2 slices turkey lunch meat
- 1-2 slices cheese
- ¼ cup shredded lettuce (and/or thinly sliced bell pepper or cucumber)

Nutritional Information

Carbohydrate:	24g
Protein:	13g
Fat:	23g
Calories:	357Kcals

Aromatic Chicken and Rices



Ingredients

- 20g chicken breast
- 1 onion cut into chopped form
- 30g mango
- 80g sweet potato
- 30g spinach
- 15g rice (60g when cooked)
- 100ml water
- 5ml olive oil
- 10ml coconut cream
- pinch of coriander, pinch of ginger, pinch of turmeric

Nutritional Information

Carbohydrate:	52g
Protein:	10g
Fat:	12g
Calories:	341Kcals

Pasta Bolognaise



Ingredients

- 750g mince beef
- 2 large onions
- 2 tins of chopped tomatoes
- 20ml tomato puree
- 2 – 3 bay leaves
- 2 carrots
- 2 stick celery
- 1 red pepper
- 1 small bunch fresh basil
- Ground black pepper
- Pasta shells or spaghetti

Nutritional Information

Carbohydrate:	13g
Protein:	35g
Fat:	13g
Calories:	329Kcal

Crispy Herb Salmon Bites



Ingredients

- 1/2 lb salmon fillets skin removed, cut into 1" thick pieces
- 1/4 cup white whole wheat flour
- 2 large eggs
- 1 cup Panko breadcrumbs
- 1 tablespoon Italian seasoning
- 3 teaspoons dried parsley
- salt and pepper to taste (optional)

Nutritional Information

Carbohydrate:	8g
Protein:	28g
Fat:	13g
Calories:	245Kcal

Kale and Spinach Quesadilla



Ingredients

- 1/2 cup packed spinach
- 2 kale leaves, de-stemmed
- 1/2 apple, cored and chopped
- 1 clove garlic
- salt and pepper
- 2-4 10-inch tortillas
- 1 1/2 cups shredded cheese, seperated
- 1/4 cup white beans, washed
- 1 tbsp olive oil or coconut oil

For Spicy Lime Sauce

- 1/4 cup plain Greek yogurt
- 1/2 lime juiced
- 1/4 tsp Sriracha

Nutritional Information

Carbohydrate:	52g
Protein:	31g
Fat:	22g
Calories:	380Kcals

Crispy White Fish with Pineapple and Avocado Chunks



Ingredients

FOR FISH

- 1 tbsp olive oil or butter
- 2 large filets of firm white fish cod, halibut, grouper, or your favourite fish
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/4 tsp mild chili powder
- 1/4 tsp pepper
- 1/2 lime

FOR PINEAPPLE & AVOCADO CHUNKS

- 1/2 cup pineapple chopped
- 1 avocado peeled and cut into chunks

FOR CILANTRO RICE

- 2 cups cooked brown rice warmed
- 1 tbsp butter or olive oil
- 1 tbsp fresh cilantro finely chopped

Nutritional Information

Carbohydrate:	30g
Protein:	17g
Fat:	18g
Calories:	365Kcals

Roasted Broccoli Grilled Cheese



Ingredients

- 3 cups cherry tomatoes (cut in half)
- 1/3 cup extra virgin olive oil
- 1 cup fresh basil leaves (very lightly packed when measuring)
- 2 cloves garlic (peeled and smashed)
- 1/2 teaspoon salt
- 10 ounces pasta
- 14.5 ounce can small white beans (like cannellini)
- 2 cups diced fully cooked chicken
- 6 ounces crumbled goat cheese (or feta or diced mozzarella)

Nutritional Information

Carbohydrate:	40g
Protein:	24g
Fat:	16g
Calories:	394Kcals

Baby Friendly Turkish Kebabs



Ingredients

- 350g minced beef
- 1 medium white onion grated
- 2 cloves garlic crushed
- Juice 1/2 lemon
- Small bunch fresh parsley finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground paprika
- Black pepper to season
- Kebab skewers
- Yogurt dressing
- 250ml (1cup) Greek Yogurt
- Juice 1 lemon

Nutritional Information

Carbohydrate:	52g
Protein:	10g
Fat:	12g
Calories:	341Kcals

Chicken Club Sandwich



Ingredients

- 3 slices multigrain bread
- 1 tbsp hummus
- 3 lettuces
- 1 large / 2 small slices cooked chicken breast
- 1 tomato, slices
- 1 Cucumber, slices
- 1 Carrot, chopped or slices

Nutritional Information

Carbohydrate:	40g
Protein:	20g
Fat:	14g
Calories:	325cals

Fish Fingers and Sweet Potato Oven-Fries



Ingredients

- 3 large sweet potatoes, scrubbed
- 30ml (2 tbsp) olive oil
- 100g (3½oz) panko breadcrumbs
- 1 unwaxed lemon, zested
- 3 tbsp Parmesan, grated
- 2 tbsp parsley, finely chopped
- 2 tbsp plain flour
- 2 medium eggs, lightly beaten
- 2 x 350-400g (12-13oz) white fish fillets, skinned, deboned and cut into 8 chunky fingers

Nutritional Information

Carbohydrate:	45g
Protein:	20g
Fat:	14g
Calories:	385Kcals

Mauritian lamb with Lentils & Rice



Ingredients

20g lamb mince
10g apricots (2)
10g green lentils
80g carrots
30g kale
75g macaroni or small shaped pasta
100ml water
10ml coconut cream
pinch of cinnamon, pinch of
turmeric

Nutritional Information

Carbohydrate:	21g
Protein:	10g
Fat:	7g
Calories:	178Kcals