# Weekly Vegetarian Menu

## Overview

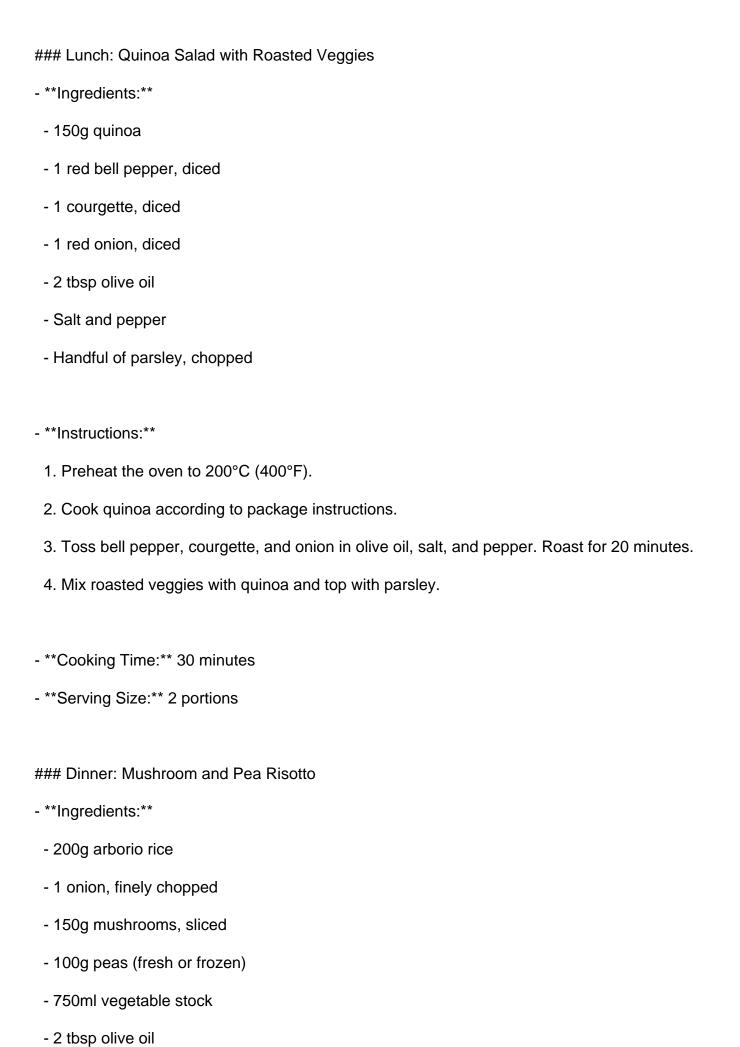
This weekly menu focuses on balanced vegetarian meals featuring seasonal vegetables and grains available in the UK during Spring. Each meal is designed for two people.

---

## Monday

### Breakfast: Spinach and Feta Omelette

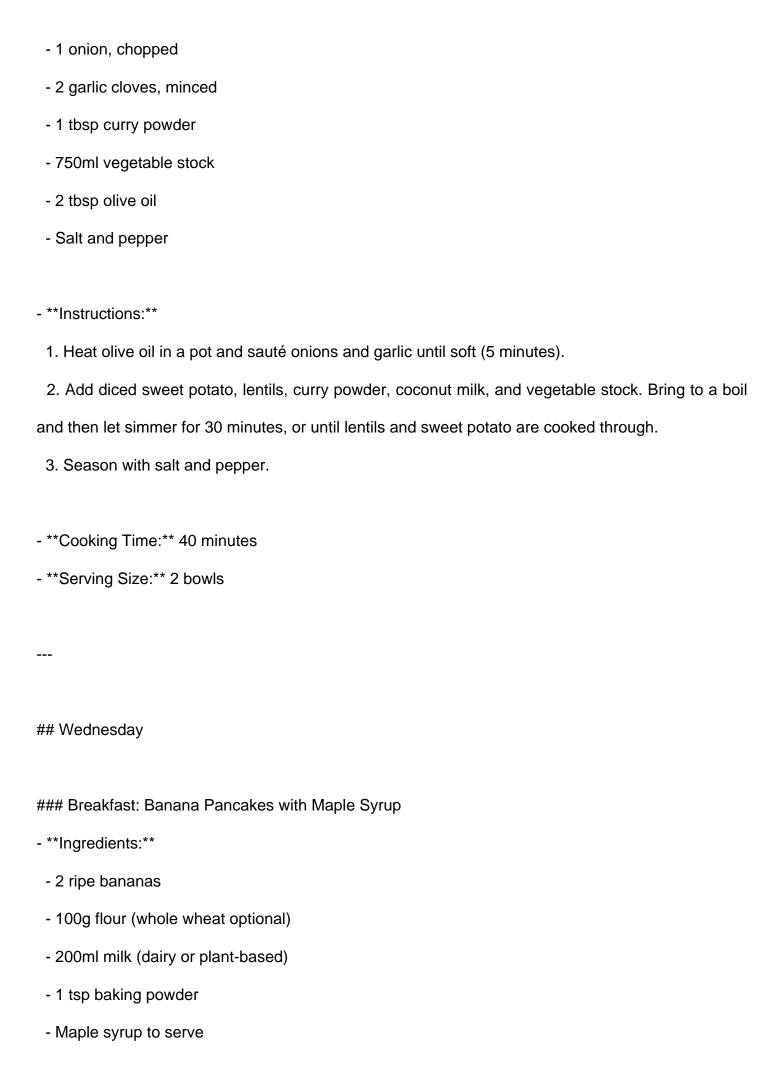
- \*\*Ingredients:\*\*
  - 4 eggs
  - 100g fresh spinach
  - 50g feta cheese
  - 2 tbsp olive oil
  - Salt and pepper to taste
- \*\*Instructions:\*\*
  - 1. In a bowl, whisk together eggs, salt, and pepper.
  - 2. Heat olive oil in a pan over medium heat, add spinach, and sauté until wilted (2-3 minutes).
- 3. Pour in the eggs and cook until slightly set, crumble feta on one half and fold the omelette. Cook until fully set (3-4 minutes).
- \*\*Cooking Time:\*\* 10 minutes
- \*\*Serving Size:\*\* 2 omelettes



- 50g parmesan cheese, grated
- Salt and pepper
- **Instructions:**
1. In a pan, heat olive oil and sauté onion until translucent (5 min).
2. Add mushrooms and cook for another 5 minutes.
3. Stir in arborio rice and cook for 1 minute. Gradually add vegetable stock, stirring frequently, until
rice is creamy and cooked (20 minutes).
4. Stir in peas and parmesan, season with salt and pepper.
- **Cooking Time:** 35 minutes
- **Serving Size:** 2 bowls
## Tuesday
### Breakfast: Overnight Oats with Berries and Almonds
- **Ingredients:**
- 100g rolled oats
- 200ml almond milk
- 200g mixed berries (strawberries, blueberries)
- 30g almonds, chopped
- 1 tbsp honey (optional)
- **Instructions:**
1. In a jar, combine oats and almond milk. Stir in honey if using.

2. Top with mixed berries and chopped almonds. 3. Refrigerate overnight. - \*\*Cooking Time:\*\* 5 minutes (prep) - \*\*Serving Size:\*\* 2 jars ### Lunch: Chickpea and Avocado Wraps - \*\*Ingredients:\*\* - 200g canned chickpeas, drained - 1 ripe avocado - 1 tsp lemon juice - 4 whole wheat wraps - 100g mixed salad greens - Salt and pepper - \*\*Instructions:\*\* 1. Mash chickpeas and avocado together with lemon juice, salt, and pepper. 2. Spread the chickpea mixture on wraps, add salad greens and roll tightly. - \*\*Cooking Time:\*\* 10 minutes - \*\*Serving Size:\*\* 4 wraps (2 per person) ### Dinner: Lentil and Sweet Potato Curry - \*\*Ingredients:\*\* - 150g red lentils - 1 large sweet potato, diced

- 1 can coconut milk (400ml)



- \*\*Instructions:\*\* 1. In a bowl, mash bananas, add milk, flour, and baking powder and mix until smooth. 2. Heat a non-stick skillet over medium heat. Pour in batter to form pancakes, cook until bubbles form, then flip (2-3 minutes per side). 3. Serve with maple syrup. - \*\*Cooking Time:\*\* 15 minutes - \*\*Serving Size:\*\* 8 pancakes ### Lunch: Beetroot and Goat Cheese Salad - \*\*Ingredients:\*\* - 2 medium beetroots, cooked and sliced - 100g goat cheese, crumbled - 100g mixed salad leaves - 2 tbsp balsamic dressing - Salt and pepper - \*\*Instructions:\*\* 1. In a bowl, combine salad leaves and sliced beetroots. 2. Top with crumbled goat cheese and drizzle with balsamic dressing. Season to taste. - \*\*Cooking Time:\*\* 10 minutes - \*\*Serving Size:\*\* 2 salads ### Dinner: Stuffed Bell Peppers with Rice and Beans

- \*\*Ingredients:\*\*

- 2 large bell peppers, halved and seeds removed
- 150g cooked rice
- 1 can black beans, drained
- 1 tsp cumin
- 100g grated cheese
- 2 tbsp olive oil
- Salt and pepper
- **Instructions:**
1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix cooked rice, black beans, cumin, salt, and pepper.
3. Stuff bell pepper halves with the mixture, top with cheese, and drizzle with olive oil.
4. Bake for 25-30 minutes.
- **Cooking Time:** 40 minutes
- **Serving Size:** 2 stuffed peppers
## Thursday
### Breakfast: Chia Seed Pudding with Kiwi
- **Ingredients:**
- 3 tbsp chia seeds
- 200ml coconut milk
- 1 tbsp honey (optional)
- 2 kiwis, sliced

- \*\*Instructions:\*\*
- 1. In a bowl, mix chia seeds, coconut milk, and honey. Stir well and let sit for at least 4 hours or overnight in the fridge.
  - 2. Serve topped with sliced kiwi.
- \*\*Cooking Time:\*\* 5 minutes (prep)
- \*\*Serving Size:\*\* 2 bowls

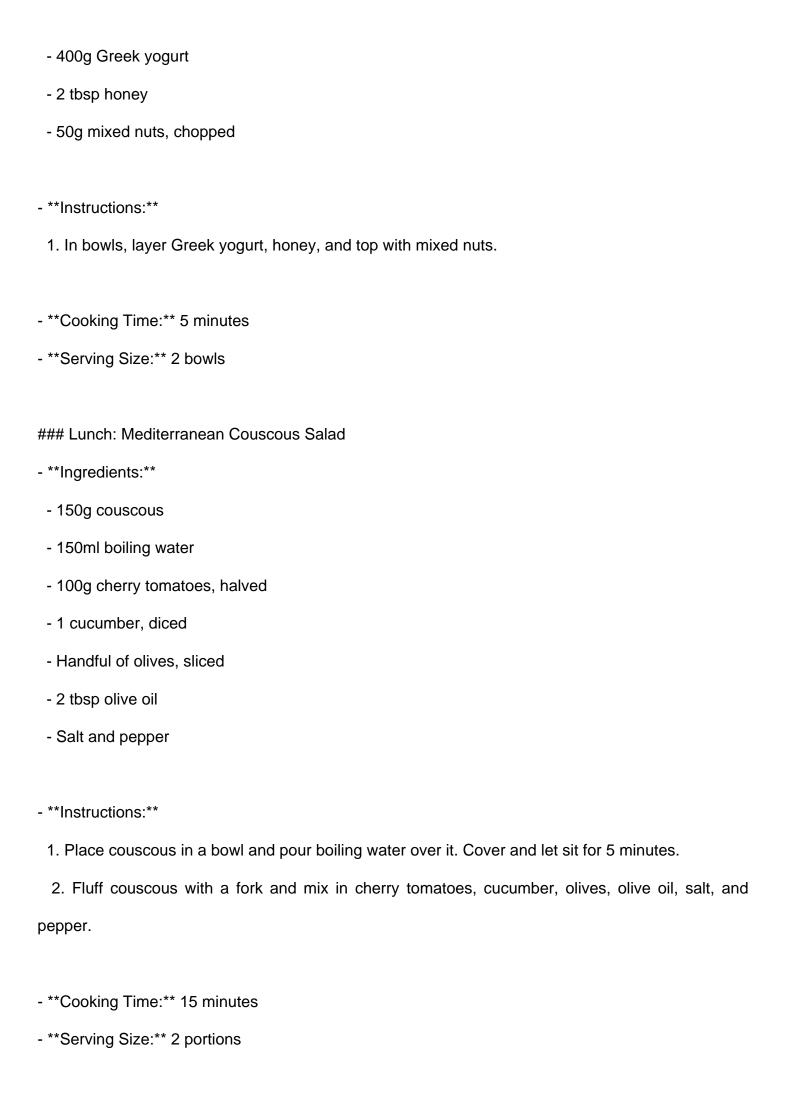
### Lunch: Spinach and Ricotta Stuffed Pasta

- \*\*Ingredients:\*\*
- 200g pasta shells
- 150g fresh spinach
- 150g ricotta cheese
- 2 tbsp parmesan, grated
- Salt and pepper
- 1 jar (about 400g) tomato sauce
- \*\*Instructions:\*\*
  - 1. Cook pasta according to package instructions, drain, and set aside.
  - 2. In a bowl, mix spinach, ricotta, salt, and pepper.
  - 3. Stuff cooked pasta shells with spinach and ricotta mix.
- 4. Spread a layer of tomato sauce on the bottom of a baking dish, place stuffed shells on top, cover with remaining sauce and sprinkle with parmesan.
  - 5. Bake at 180°C (350°F) for 15-20 minutes.
- \*\*Cooking Time:\*\* 30 minutes

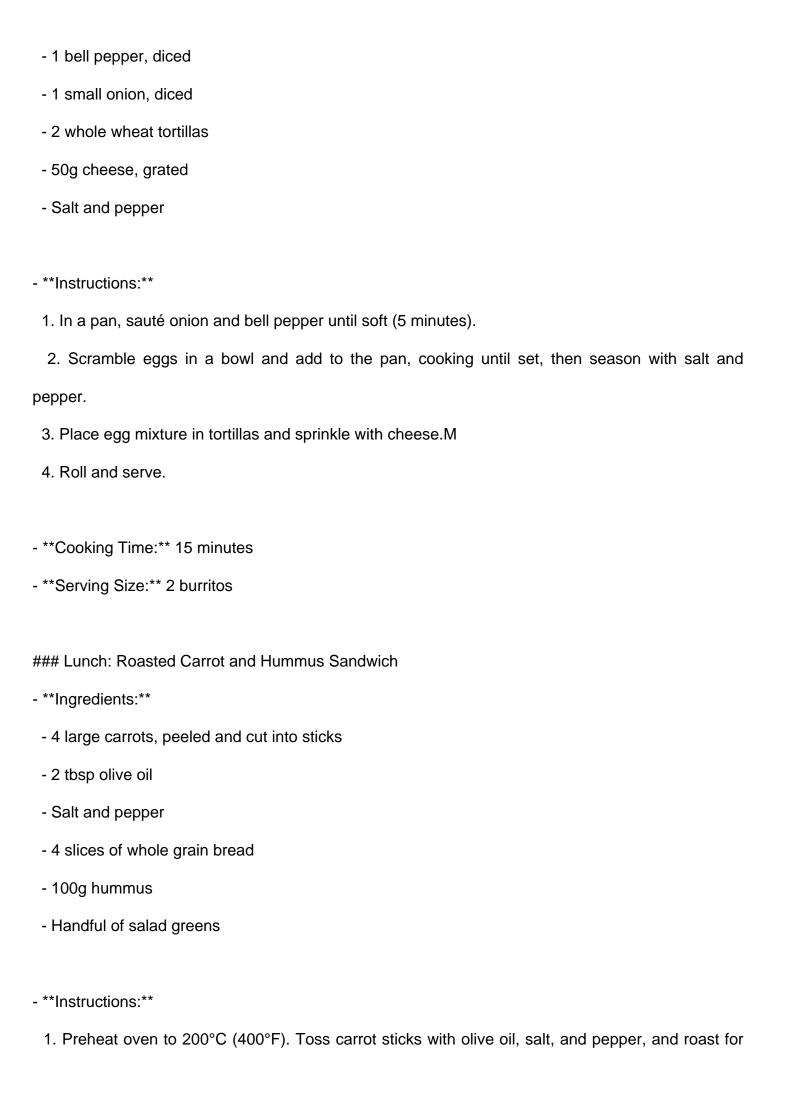
- **Serving Size:** 2 portions
### Dinner: Vegetable Stir-Fry with Tofu
- **Ingredients:**
- 200g firm tofu, cubed
- 1 bell pepper, sliced
- 1 carrot, julienned
- 100g broccoli florets
- 2 tbsp soy sauce
- 2 tbsp olive oil
- Cooked rice or noodles to serve
- **Instructions:**
1. In a pan or wok, heat olive oil and sauté tofu until golden (5 minutes).
2. Add bell pepper, carrot, and broccoli, and stir-fry for another 5-7 minutes.
3. Add soy sauce and toss to coat.
4. Serve with rice or noodles.
- **Cooking Time:** 15 minutes
- **Serving Size:** 2 bowls
## Friday
### Breakfast: Smoothie Bowl with Spinach and Banana
- **Ingredients:**

- 2 bananas - 100g fresh spinach - 200ml almond milk - Toppings: granola, nuts, seeds, coconut flakes - \*\*Instructions:\*\* 1. In a blender, combine bananas, spinach, and almond milk. Blend until smooth. 2. Pour into bowls and add desired toppings. - \*\*Cooking Time:\*\* 10 minutes - \*\*Serving Size:\*\* 2 bowls ### Lunch: Vegetable Sushi Rolls - \*\*Ingredients:\*\* - 200g sushi rice - 4 sheets of nori - 1 cucumber, julienned - 1 carrot, julienned - 1 avocado, sliced - Soy sauce for dipping - \*\*Instructions:\*\* 1. Cook sushi rice according to package instructions and let cool. 2. Place a sheet of nori on a bamboo mat, spread a layer of rice, and arrange cucumber, carrot, and avocado. 3. Roll tightly and slice into pieces. Serve with soy sauce.

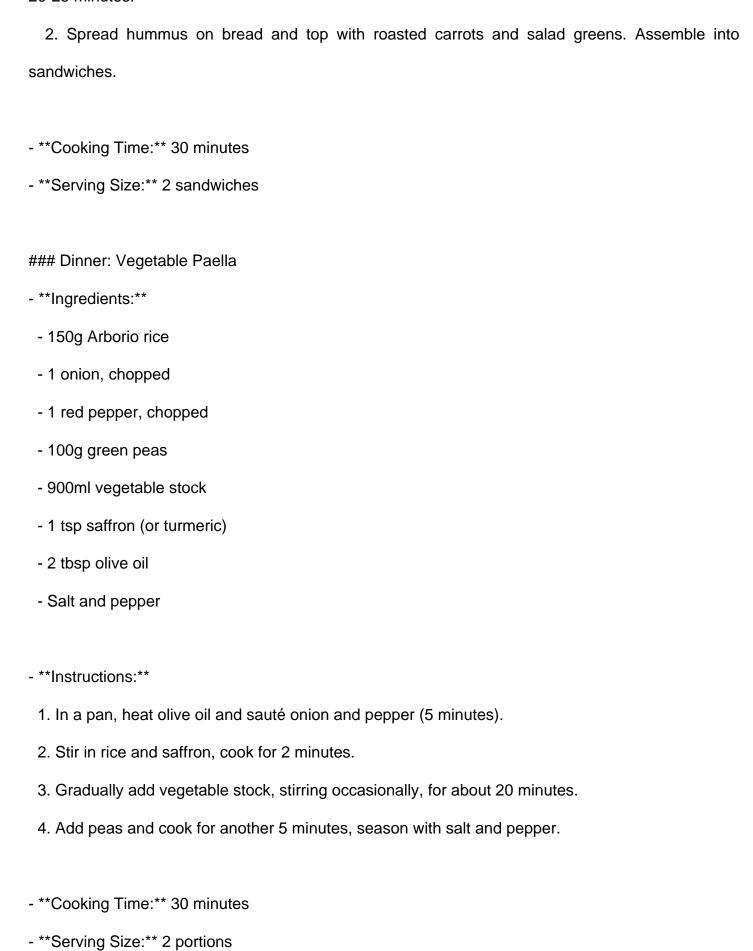
- **Cooking Time:** 40 minutes
- **Serving Size:** 2 rolls (8 pieces each)
### Dinner: Cauliflower and Chickpea Tacos
- **Ingredients:**
- 1 small cauliflower, cut into florets
- 1 can chickpeas, drained
- 2 tbsp olive oil
- 1 tbsp taco seasoning
- 4 small corn tortillas
- Toppings: avocado, salsa, cilantro
- **Instructions:**
1. Preheat the oven to 200°C (400°F). On a baking tray, toss cauliflower florets and chickpeas with
olive oil and taco seasoning.
2. Roast for 25-30 minutes until golden.
3. Serve in corn tortillas topped with avocado, salsa, and cilantro.
- **Cooking Time:** 40 minutes
- **Serving Size:** 2 tacos each
<del></del>
## Saturday
### Breakfast: Greek Yogurt with Honey and Nuts
- **Ingredients:**



### Dinner: Aubergine and Spinach Lasagna
- **Ingredients:**
- 2 aubergines, sliced
- 300g fresh spinach
- 200g ricotta cheese
- 200g pasta sheets
- 400g tomato sauce
- 100g mozzarella, shredded
- Olive oil, salt, and pepper
- **Instructions:**
1. Preheat the oven to 180°C (350°F). Grill aubergine slices until soft (5 minutes).
2. In a baking dish, layer tomato sauce, pasta sheets, ricotta, spinach, and grilled aubergine.
Repeat until ingredients are used.
3. Top with mozzarella and bake for 30-35 minutes.
- **Cooking Time:** 50 minutes
- **Serving Size:** 2 portions
<del></del>
## Sunday
### Breakfast: Veggie Breakfast Burritos
- **Ingredients:**



20-25 minutes.



---

## ## Summary:

This vegetarian menu contains a variety of balanced meals throughout the week, featuring seasonal ingredients. It includes a diverse range of recipes emphasizing health, flavor, and creativity. Enjoy your meals!