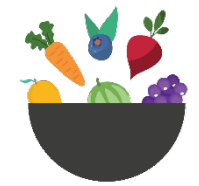


**Leela's**  
lunches

# **Leela's Lunches – Nutritional Information**

*September 2021*

## About us



**Leela's**  
lunches

Leela's lunches is in the business of shaping the palates of the future generation, towards real and whole foods

We do this smartly, and gradually, by adding vegetables to sauces, eliminating additives, preservatives, sugar and refined products, introducing higher proportions of wholegrains and slowly crowding out junk

Our meals include hot lunches of varied cuisines and a variety of snacks all tailored for our little clients & delivered just in time

Alongside this, we introduce fun educational activities where children learn what real food is, where it comes from, how to read labels, the importance of freshly cooked meals to build their growing minds and bodies



# Our health philosophy

*Strategy to make every meal balanced & wholesome*



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1

We add vegetables to purees, sauces and desserts

2

All our meat is certified hormone and anti biotic free

3

Prioritise wholegrains as much as possible

4

Everything is made from scratch! No processed ingredients

5

No artificial / refined sweeteners

- **Strict health philosophy** which is our bedrock - our customers rest easy knowing all our products adhere to this
- **Thoroughly vetted suppliers** - we are amongst a select few to provide organic / hormone & antibiotic free certification of our range of meat products
- **Sustainable practices** - a core focus across all of our operations – embrace local and sustainable farming suppliers
- **Provide nutritional information** to parents and help them plan menus at home by providing meal suggestions outside of school hours to ensure a fully balanced diet
- **Follow British Paediatric guidelines** for portion allocations and ensure that no child is left wanting more, whilst minimising food waste
- Our aim is to bolster better focus and performance in classrooms

# Morning snack - Nutritional Information



# Wholewheat pancake with fresh fruit



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## Ingredients

- Wholewheat flour
- banana
- olive oil
- baking powder
- organic sea salt
- honey/ jaggery syrup

## Healthy secrets

- ✓ Great mineral profile for stronger immunity and bones: very high in phosphorus, copper, zinc, potassium, magnesium and extremely high in selenium and manganese
- ✓ Very high in vitamin B1,3 and 6 for strong nerve function
- ✓ High in dietary fiber

### % Required daily intake (per serving)

Total Fat	9.7	21.0%
Sodium (in mg)	395.0	26.0%
Potassium (in mg)	708.0	15.0%
Carbohydrates	46.6	19.0%
Dietary Fibre	6.0	24.0%
Protein	7.3	Min req: 13 g
Sugars	4.9	
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		24.0%
Iron		14.0%



# Scrambled egg with wholewheat croissant



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## Ingredients

- wholewheat croissant
- egg
- milk
- organic sea salt

## Healthy secrets

- ✓ Very high in Vitamin B-12
- ✓ High in Vitamin B-2
- ✓ Very high in Selenium, phosphorus and magnesium for stronger immunity, bones
- ✓ High in complex carbs
- ✓ High in iron
- ✓ High in folate
- ✓ High in vitamin B1,2 and 3
- ✓ High in zinc and copper for immune and thyroid function, and to absorb iron properly

## % Required daily intake (per serving)

Total Fat	19.5	30.0%
Sodium (in mg)	529.0	35.0%
Potassium (in mg)	353.0	8.0%
Carbohydrates	37.9	15.0%
Dietary Fibre	5.4	22.0%
Protein	15.3	Min req: 13 g
Sugars	6.7	
Vitamin A		29.0%
Vitamin C		0.0%
Calcium		12.0%
Iron		25.0%

# Baked beans with zucchini rolls



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## Ingredients

- tomato
- white beans
- scratch made vegetable stock
- tomato paste
- wholewheat flour
- zucchini
- all purpose flour
- olive oil
- grass fed butter
- onion
- garlic
- jaggery
- mixed spices
- sea salt

## Healthy secrets

- ✓ High in slow release carbs for sustained energy through the morning
- ✓ High in vitamin B2,3 and folate which supports a healthy nervous system
- ✓ High in essential minerals including manganese, selenium, copper, zinc, phosphorus and magnesium
- ✓ High in fat soluble vitamins E and K for healthy hair, skin, nails and blood clotting

### % Required daily intake (per serving)

Total Fat	5.4	11.0%
Sodium (in mg)	300.0	20.0%
Potassium (in mg)	316.0	7.0%
Carbohydrates	20.5	8.0%
Dietary Fibre	2.4	10.0%
Protein	4.7	Min req: 13 g
Sugars	2.5	
Vitamin A		56.0%
Vitamin C		19.0%
Calcium		3.0%
Iron		9.0%

# Oat flapjack with fresh fruit



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## Ingredients

- banana
- oats
- grass fed butter
- jaggery
- golden syrup (minimal)

## Healthy secrets

- ✓ High in slow release carbs
- ✓ Very high in essential minerals including manganese, copper, zinc, magnesium and phosphorus
- ✓ High in dietary fiber which is essential for digestion and assimilation of nutrients
- ✓ Jaggery is a great detoxing agent, eases constipation, and helps to regulate hormones.

### % Required daily intake (per serving)

Total Fat	13.6	27.0%
Sodium (in mg)	6.0	0.0%
Potassium (in mg)	622.0	13.0%
Carbohydrates	58.0	23.0%
Dietary Fibre	7.3	29.0%
Protein	6.2	Min req: 13 g
Sugars	11.2	
Vitamin A		18.0%
Vitamin C		14.0%
Calcium		4.0%
Iron		10.0%



# Cheesy omelet with baked potato wedges



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## Ingredients

- egg
- potato
- cheddar cheese
- olive oil
- grass fed butter
- sea salt

## Healthy secrets

- ✓ Very high in Vitamin B-12
- ✓ High in Vitamin B-2
- ✓ Very high in Selenium, phosphorus and magnesium for stronger immunity, bones
- ✓ High in complex carbs
- ✓ High in iron
- ✓ High in folate
- ✓ High in vitamin B1,2 and 3
- ✓ High in zinc and copper for immune and thyroid function, and to absorb iron properly

## % Required daily intake (per serving)

Total Fat	19.5	30.0%
Sodium (in mg)	529.0	35.0%
Potassium (in mg)	353.0	8.0%
Carbohydrates	37.9	15.0%
Dietary Fibre	5.4	22.0%
Protein	15.3	Min req: 13 g
Sugars	6.7	
Vitamin A		29.0%
Vitamin C		0.0%
Calcium		12.0%
Iron		25.0%

# Oatmeal with fresh fruit



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## Ingredients

- rolled oats
- seasonal fresh fruit
- milk
- jaggery

## Healthy secrets

- ✓ Great mineral profile for stronger immunity and bones: very high in phosphorus and selenium magnesium and extremely high in selenium and manganese
- ✓ High in good fats and fat soluble vitamins A, D, E and K
- ✓ High in vitamin B
- ✓ Complete protein and amino acid profile

### % Required daily intake (per serving)

Total Fat	10.0	21.0%
Sodium (in mg)	463.0	31.0%
Potassium (in mg)	83.0	2.0%
Carbohydrates	0.8	0.0%
Dietary Fibre	-	0.0%
Protein	6.6	Min req: 13 g
Sugars	0.7	
Vitamin A		12.0%
Vitamin C		0.0%
Calcium		4.0%
Iron		5.0%

# Hummus with veggie sticks & pita



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## Ingredients

- wholewheat pita bread
- chickpeas
- raw vegetable crudites such as carrot and/ or cucumber sticks
- tahini
- lemon
- garlic
- sea salt

## Healthy secrets

- ✓ Very high in essential minerals like manganese, magnesium, phosphorus, zinc, copper and selenium
- ✓ High in vitamins E, K, and B complex for healthy skin, nails, hair, bone density and healthy nervous system function
- ✓ High in Dietary fiber
- ✓ Extremely high in vitamin A

### % Required daily intake (per serving)

Total Fat	6.9	14.0%
Sodium (in mg)	329.0	22.0%
Potassium (in mg)	383.0	8.0%
Carbohydrates	35.0	14.0%
Dietary Fibre	6.6	26.0%
Protein	6.8	Min req: 13 g
Sugars	3.3	
Vitamin A		359.0%
Vitamin C		13.0%
Calcium		6.0%
Iron		12.0%

# Fresh fruit with yogurt



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## Ingredients

- yogurt
- fresh fruits including banana
- apple
- clementine
- melon
- pineapple
- kiwi depending on seasonal availability

## Healthy secrets

- ✓ The ideal breakfast of champions: chock full of vitamins, minerals, calcium, iron, fiber and essential minerals!
- ✓ Very high in vitamins B 2 and 12 for a healthy nervous system
- ✓ Extremely high in essential minerals like phosphorus, zinc, copper, manganese and selenium

### % Required daily intake (per serving)

Total Fat	4.0	8.0%
Sodium (in mg)	50.0	3.0%
Potassium (in mg)	750.0	16.0%
Carbohydrates	55.5	23.0%
Dietary Fibre	7.3	29.0%
Protein	5.5	Min req: 13 g
Sugars	39.4	
Vitamin A		36.0%
Vitamin C		51.0%
Calcium		17.0%
Iron		3.0%

# Carrot date muffin with fresh fruit



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## Ingredients

- seasonal fruit
- carrot
- eggs
- wholewheat flour
- dates
- grass fed butter
- raisins
- honey
- vanilla essence
- baking powder
- baking soda
- cinnamon, sea salt

## Healthy secrets

- ✓ High in slow release carbs
- ✓ Very high in vitamin A to support vision and immune system function
- ✓ Contains only slow release natural sugars

### % Required daily intake (per serving)

Total Fat	3.9	6.0%
Sodium (in mg)	119.0	5.0%
Potassium (in mg)	119.0	3.0%
Carbohydrates	19.1	6.0%
Dietary Fibre	1.2	5.0%
Protein	2.8	Min req: 13 g
Sugars	11.2	
Vitamin A		42.0%
Vitamin C		1.0%
Calcium		2.0%
Iron		3.0%

# Wholewheat croissant with fresh fruit



**Leela's**  
lunches

## Ingredients

- ❑ wholewheat croissant
- ❑ fresh seasonal fruit

## Healthy secrets

- ✓ Very high in Vitamin A to support healthy vision and immune system function
- ✓ Very high in Vitamin C to support growth, development and repair of all body tissues
- ✓ High in Dietary fiber which is essential for proper digestion and assimilation of nutrients
- ✓ High in antioxidants

### % Required daily intake (per serving)

Total Fat	5.2	7.0%
Sodium (in mg)	96.0	4.0%
Potassium (in mg)	85.0	2.0%
Carbohydrates	26.2	9.0%
Dietary Fibre	1.5	4.5%
Protein	1.3	Min req: 13 g
Sugars	8.3	
Vitamin A		16.0%
Vitamin C		31.0%
Calcium		1.0%
Iron		1.0%



# Cucumber cream cheese sandwich



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## Ingredients

- wholewheat bread
- cucumber
- full fat cream cheese

## Healthy secrets

- ✓ Very high in manganese
- ✓ Very high in selenium
- ✓ High in iron
- ✓ High in calcium

### % Required daily intake (per serving)

Total Fat	4.7	7.0%
Sodium (in mg)	288.0	12.0%
Potassium (in mg)	159.0	5.0%
Carbohydrates	23.6	8.0%
Dietary Fibre	3.9	15.0%
Protein	7.9	Min req: 13 g
Sugars	3.3	
Vitamin A		2.0%
Vitamin C		0.0%
Calcium		7.0%
Iron		8.0%

# Blueberry banana bread



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## Ingredients

- bananas
- whole wheat flour
- grass fed butter
- eggs
- jaggery
- frozen blueberries
- baking powder
- sea salt

## Healthy secrets

- ✓ High in vitamin C for healthy growth and development, immune system function
- ✓ High in dietary fiber for proper digestion and waste elimination
- ✓ High in slow release carbohydrates
- ✓ High in antioxidants

### % Required daily intake (per serving)

Total Fat	1.2	2.0%
Sodium (in mg)	123.0	5.0%
Potassium (in mg)	154.0	4.0%
Carbohydrates	30.2	10.0%
Dietary Fibre	1.5	6.0%
Protein	3.9	Min req: 13 g
Sugars	12.4	
Vitamin A		1.0%
Vitamin C		7.0%
Calcium		2.0%
Iron		7.0%

# Cheesy egg toast



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## Ingredients

- eggs
- wholewheat bread
- milk
- grass fed butter
- parmesan
- olive oil
- sea salt
- paprika
- granulated garlic

## Healthy secrets

- ✓ High in slow release carbs for sustained energy through the morning
- ✓ Very high in fat soluble vitamins K and E to support healthy skin, hair, nails and blood clotting
- ✓ Very high in fat soluble vitamins K and E to support healthy skin, hair, nails and blood clotting
- ✓ Extremely high in essential minerals including manganese, selenium, copper, zinc, phosphorus and magnesium

### % Required daily intake (per serving)

Total Fat	17.2	34.0%
Sodium (in mg)	392.0	26.0%
Potassium (in mg)	299.0	6.0%
Carbohydrates	47.9	19.0%
Dietary Fibre	5.5	22.0%
Protein	9.0	Min req: 13 g
Sugars	3.5	
Vitamin A		13.0%
Vitamin C		0.0%
Calcium		7.0%
Iron		16.0%

# Sweet potato pancake with fresh fruit & honey



**Leela's**  
lunches

## Ingredients

- ❑ wholewheat pita bread
- ❑ labneh
- ❑ raw vegetable crudites such as carrot and/ or cucumber sticks

## Healthy secrets

- ✓ Very high in essential minerals like manganese, magnesium, phosphorus, zinc, copper and selenium
- ✓ High in vitamins E, K, and B complex for healthy skin, nails, hair, bone density and healthy nervous system function
- ✓ High in Dietary fiber
- ✓ Extremely high in vitamin A

### % Required daily intake (per serving)

Total Fat	11.2	22.0%
Sodium (in mg)	295.0	20.0%
Potassium (in mg)	568.0	12.0%
Carbohydrates	50.7	20.0%
Dietary Fibre	6.9	5.0%
Protein	6.9	Min req: 13 g
Sugars	10.6	
Vitamin A		356.0%
Vitamin C		26.0%
Calcium		9.0%
Iron		12.0%

# Labneh with veggie sticks & pita



**Leela's**  
lunches

## Ingredients

- ❑ wholewheat pita bread
- ❑ labneh
- ❑ raw vegetable crudites such as carrot and/ or cucumber sticks

## Healthy secrets

- ✓ Very high in essential minerals like manganese, magnesium, phosphorus, zinc, copper and selenium
- ✓ High in vitamins E, K, and B complex for healthy skin, nails, hair, bone density and healthy nervous system function
- ✓ High in Dietary fiber
- ✓ Extremely high in vitamin A

### % Required daily intake (per serving)

Total Fat	13.2	24.0%
Sodium (in mg)	505.0	34.0%
Potassium (in mg)	340.0	7.0%
Carbohydrates	35.0	14.0%
Dietary Fibre	5.1	20.0%
Protein	13.3	Min req: 13 g
Sugars	4.7	
Vitamin A		292.0%
Vitamin C		5.0%
Calcium		8.0%
Iron		10.0%