



# Food for Body, Mind and Soul

We source our vegetables from the local farmer's market, therefore we cook from market to plate allowing the seasons and creativity to dictate the menu. Here is a typical weekly menu:

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SNACK</b> Papaya and banana smoothie with Chia seeds.</p>	<p><b>SNACK</b> Fruit salad.</p>	<p><b>SNACK</b> Homemade energy bars served with garden picked herbal tea.</p>	<p><b>SNACK</b> Goji berries, raspberry and banana smoothie.</p>	<p><b>SNACK</b> Homemade Guacamole with rice cakes.</p>
<p><b>LUNCH</b> Short grain brown rice with coconut vegetables stew. Finely chopped Mediterranean mixed salad.</p>	<p><b>LUNCH</b> Vegan brown lentils Shepherd's Pie. Red cabbage salad.</p>	<p><b>LUNCH</b> Quinoa with red kidney beans. Sautéed, finely chopped kale and Cavolo Nero.</p>	<p><b>LUNCH</b> Pumpkin soup with gluten free croutons. Crudités, sliced raw vegetables.</p>	<p><b>LUNCH</b> Gluten-free brown rice penne with smoked tofu, broccoli, cherry tomatoes and fresh basil dressing.</p>

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