

WEEKLY MEAL PLAN 1

	BREAKFAST	MORNING SNACK	KIDS LUNCH	PARENTS LUNCH	AFTERNOON SNACK	DINNER
MONDAY	ROLLED OATS WITH APPLES, CINNAMON & RAISINS	VANILLA YOGURT & STRAWBERRIES	VEGAN CREME CHEESE SANDWICH WITH RED PEPPER, CUCUMBER & TOMATOES	WEEKEND LEFTOVERS FRESH FRUIT	FRUIT SALAD	PASTA WITH TOMATO SAUCE SALAD WITH BALSAMIC VINEGAR & OLIVE OIL VANILLA ICE CREAM
TUESDAY	BREAD WITH VEGAN BUTTER, HONEY & FRUIT	APPLE SLICES	WHOLEGRAIN SANDWICH WITH CHICKPEA SPREAD, CUCUMBERS & SALAD	AVOCADO/ CUCUMBER/ SALAD SANDWICH	VANILLA PUDDING	COCONUT CHICKPEA CURRY FRESH FRUIT
WEDNESDAY	HOMEMADE GRANOLA & FRUIT	VEGGIE STICKS WITH VEGAN RANCH DIP	WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANAS	RAGOUT LEFTOVERS	SEMOLINA BALLS	KALE CHIPS RED BEANS AND RICE FRESH FRUIT
THURSDAY	QUINOA FLAKES WITH FROZEN MIXED BERRIES AND CHIA	VANILLA PUDDING & BERRIES	FAKE CHICKEN NUGGETS WITH VEGGIES & KETCHUP	WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANAS	BROWNIES	CANNELLINI BEANS, SAGE & TOMATOES SPINACH SALAD WITH TOMATOES AND ITALIAN DRESSING
FRIDAY	CEREAL	EDAMAME & CRISPY NORI	CHIA SEED WRAP WITH MELTED VEGAN CHEESE & PEPPERS	MIXED SALAD WITH HERBS AND HONEY MUSTARD DRESSING	PEAR SLICES	PIZZA FRIDAY BANANA ICECREAM
SATURDAY	WHOLEGRAIN TOAST & BUTTER & JAM	SEASONAL FRUIT	BRUSCHETTA & ROCKET SALAD WITH ITALIAN DRESSING		FRESH FRUIT	<u>GUEST MENU I</u> MUSHROOM CROSTINI ITALIAN CANNELLINI BEAN SOUP PASTA BOLOGNESE WITH TOFU APPLE PIE
SUNDAY	BANANA OAT PANCAKES & BERRIES	GREEN JUICE	EGGPLANT/ TOMATO PASTA CRUMBLER BROWNIES & VANILLA ICE CREAM		VERY BERRY SMOOTHIE	VEGGIE PLATTER WITH HUMMUS AND WHOLEMEAL BREAD