

# WEEKLY MEAL PLAN 4

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	CEREAL WITH FRESH BLUEBERRIES AND COCONUT FLAKES	LEMONY CARROTS WITH LEMON GARLIC HUMMUS	ALMOND BUTTER BANANA SANDWICHES	CRUNCHY ALMOND BUTTER BANANA SALAD WRAPS	VERY BERRY SMOOTHIE	ORANGE GLAZED TOFU WITH BROWN RICE AND BROCCOLI
TUESDAY	WHOLE GRAIN TOAST WITH VEGAN BUTTER AND RAW HONEY	FRESH SEASONAL FRUIT	QUINOA SALAD WITH AVOCADO DRESSING & PITA BREAD TRIANGLES ORANGE SLICES	QUINOA SALAD WITH AVOCADO DRESSING ORANGE SLICES	BANANA ICE CREAM WITH STRAWBERRIES	ITALIAN CIAMBOTTA
WEDNESDAY	OVERNIGHT ROLLED OATS WITH CINNAMON, FRESH BERRIES AND HEMP SEEDS	EDAMAME AND CRISPY SEAWEED SQUARES	WHOLE GRAIN VEGAN CREAM CHEESE SANDWICH WITH RED PEPPERS, TOMATOES AND SALAD LEAVES	CIAMBOTTA LEFTOVERS	BANANA CHOCOLATE CHIP MUFFINS	WARM SALAD WITH BEANS, ASPARAGUS AND POTATOES
THURSDAY	QUINOA FLAKES WITH MIXED BERRIES	FRESH FRUIT SALAD	WHOLE GRAIN SANDWICH WITH AVOCADO, LEMON AND BLACK PEPPER GRAPES	WHOLE GRAIN SANDWICH WITH AVOCADO, LEMON AND BLACK PEPPER GRAPES	CRUNCHY SALAD WRAPS	RED CABBAGE PASTA WITH PINE NUTS
FRIDAY	CEREAL WITH VANILLA YOGURT AND BANANA SLICES AND CHIA SEEDS	CINNAMON MAPLE CREAM- CHEESE ON WHOLEGRAIN MINI BAGEL	WRAP WITH QUICK ROASTED PEPPER HUMMUS AND SALAD LEAVES	PASTA LEFTOVERS	FRESH SEASONAL FRUIT	COCONUT RICE WITH PEAS, HERBS AND SWEET TOFU
SATURDAY	CREAMY BROWN RICE WITH APPLE AND MAPLE SYRUP	FRESH FRUIT	VEGGIE WRAPS		BANANA COCONUT KALE SMOOTHIE	MIXED GREENS WITH ROASTED MUSHROOMS AND ASPARAGUS AUSTRIAN CARAMELIZED APPLE "SCHMARRN"
SUNDAY	TOFU SCRAMBLE GRAPEFRUIT HALVES	RED BEET STRAWBERRY JUICE	BARLEY MUSHROOM RISOTTO		BANANA CHOCOLATE CHIP MUFFINS WITH BANANA OR VANILLA ICE CREAM	GREEN SALAD WITH TOMATOES, CHICKPEAS & AVOCADO DRESSING FRESH BREAD