

# WEEKLY MEAL PLAN

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	GRANOLA WITH CHOPPED FRESH FRUIT AND VANILLA YOGURT	BANANA OAT PANCAKES LEFTOVERS FILLED WITH HOMEMADE NUTELLA	CREAM CHEESE SANDWICH WITH VEGGIES FRESH FRUIT	WEEKEND LEFTOVERS OR SANDWICHES	FRESH FRUIT	BEST VEGAN TACOS EVER
TUESDAY	CEREAL WITH BANANAS AND BERRIES	FRUIT SOY YOGURT	SUSHI ROLLS CRISPY SEAWEED SQUARES	SUSHI ROLLS	ACAI BANANA SPINACH SMOOTHIE	PASTA BOLOGNESE WITH TOFU MIXED SALAD WITH ITALIAN DRESSING
WEDNESDAY	WHOLEGRAIN TOAST WITH BUTTER & JAM	EDAMAME AND CRISPY NORI	SANDWICH WITH CHICKPEA SPREAD AND CUCUMBERS ORANGE SLICES	PASTA LEFTOVERS OR KIDS' SANDWICHES	RAW CHOCOLATE BALLS	AUSTRIAN LENTIL "GRÖSTL"
THURSDAY	ROLLED OATS WITH CINNAMON, BLUEBERRIES, BANANA AND CHIA SEEDS	APPLE SLICES & ALMOND BUTTER DIP	VEGETARIAN NUGGETS & CORN WHEELS & CARROTS ORANGE SLICES	WRAP WITH LEMON GARLIC HUMMUS, LEAVES & VEGGIES ORANGE SLICES	BLUEBERRY QUINOA BREAD	GNOCCHI WITH PESTO GREEN SALAD WITH TANGERINE CASHEW DRESSING
FRIDAY	CEREAL WITH VANILLA YOGHURT	CRUNCHY SALAD WRAPS	CHIA WRAPS WITH MELTED VEGAN CHEESE AND PEPPERS STRAWBERRIES & DATES	CRUNCHY SALAD WRAPS	CHIA STRAWBERRY PUDDING	CHICKPEA CREPES WITH MUSHROOM, SPINACH & CASHEWS SEASONAL FRUITS
SATURDAY	BUCKWHEAT POLENTA PANCAKES	VANILLA MILKSHAKE	VIETNAMESE ROLLS WITH PEANUT SAUCE		FRESH FRUIT	WHITE BEAN SPREAD ON FRESH BREAD WITH ROCKET SALAD WARM APPLE CRISP
SUNDAY	FRENCH TOAST WITH RASPBERRY SAUCE	REFRESHING GREEN JUICE	ITALIAN RIBOLLITA RASPBERRY ICE CREAM		BASIC FRUIT CAKE WITH STRAWBERRIES	KALE CHIPS, VEGGIE STICKS WITH RED PEPPER SPREAD & PITA BREAD