

WEEKLY MEAL PLAN 3

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	STORE BOUGHT CEREAL WITH BLUEBERRY YOGURT AND FRESH BLUEBERRIES	ROASTED VEGGIE CHIPS	KIDS' SALAD	KIDS' SALAD	CRUMBLed CAKE WITH STRAWBERRY SAUCE AND ICE CREAM	ROASTED ROOT VEGETABLES WITH ROASTED RED PEPPER DIP
TUESDAY	PEARL BARLEY WITH POMEGRANATES	APPLESAUCE WITH COOKIES	SANDWICH WITH ROASTED RED PEPPER SPREAD AND FRESH RED BELL PEPPERS ORANGE SLICES	SANDWICH WITH ROASTED RED PEPPER SPREAD AND FRESH RED BELL PEPPERS ORANGE SLICES	ALMOND BANANA SALAD WRAPS	SWEET POTATO LEEK GRATIN
WEDNESDAY	QUINOA FLAKES WITH MIXED BERRIES	VEGAN VANILLA YOGURT	PITA BREAD WITH FAKE EGG SALAD	LEFTOVER GRATIN	STRAWBERRY MACA SMOOTHIE	ROASTED EGGPLANT WITH COUSCOUS AND POMEGRANATES
THURSDAY	WHOLE MEAL BREAD WITH VEGAN BUTTER, HONEY AND GRAPEFRUIT HALVES	APPLES WITH ALMOND BUTTER DIP	VEGAN CREME CHEESE SANDWICH WITH MIXED VEGGIES STICKS PEAR SLICES	BABY SPINACH LEAVES WITH LEFTOVER EGGPLANT, COUSCOUS AND POMEGRANATES	FRESH SEASONAL FRUIT	BARLEY MUSHROOM RISOTTO
FRIDAY	MIXED CEREAL WITH HONEY VANILLA YOGURT	SEASONAL FRUIT	WRAPS WITH CARROT DIP, SALAD AND VEGGIES	WRAPS WITH CARROT DIP, SALAD AND VEGGIES	RAW APRICOT BALLS	PIZZA NIGHT (MUSHROOM, CHEESE, TOMATO PIZZA) FRESH FRUIT
SATURDAY	BARLEY PANCAKES WITH MAPLE SYRUP	FRESH FRUIT	RED BEANS AND RICE		LEMON CAKE	BABY SPINACH WITH STRAWBERRY DRESSING AND POPPY SEEDS
SUNDAY	OVERNIGHT STEEL CUT OATS WITH BANANAS, PECANS AND MAPLE SYRUP	LEFTOVER LEMON CAKE	VEGAN VEGGIE MOUSSAKA		SEASONAL FRUIT	GREEN SALAD WITH AVOCADO DRESSING, VEGGIES AND FRESH BREAD