

WEEKLY MEAL PLAN 6

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	MIXED CEREAL WITH VANILLA YOGURT & FRESH BERRIES	SEASONAL FRUIT	WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANA	ROLLED SALAD LEAVES FILLED WITH VEGGIES STICKS AND HUMMUS	RED VELVET BROWNIES	ROASTED CAULIFLOWER, CARROTS AND SWEET POTATOES WITH HOMEMADE BASIL PESTO
TUESDAY	MULTIGRAIN TOAST WITH VEGAN BUTTER AND HONEY FRESH MORNING MELON JUICE	CITRUS SALAD WITH HONEY	VEGETABLE, LEMON AND HERB CREAM CHEESE BAGEL	VEGETABLES, LEMON AND HERB CREAM CHEESE BAGEL	GRATED COCONUT WITH HONEY, CINNAMON AND COCONUT CREAM	ZUCCHINI FRITTERS GREEN SALAD WITH ITALIAN DRESSING
WEDNESDAY	PEAR BANANA OAT BREAKFAST SMOOTHIE	CRACKERS WITH HUMMUS	ZUCCHINI FRITTERS ON WHOLEGRAIN BREAD WITH SALAD LEAVES	ZUCCHINI FRITTERS ON WHOLEGRAIN BREAD WITH SALAD LEAVES	FRUIT SALAD	CHICKPEA CREPES WITH MUSHROOM, SPINACH & CASHEWS
THURSDAY	QUINOA FLAKES WITH MIXED BERRIES AND CHIA	ALMOND BANANA SALAD WRAPS	VEGGIE WRAPS	VEGGIE WRAPS	RED VELVET BROWNIES	PASTA WITH FENNEL, SAGE AND BEANS
FRIDAY	BANANA FRESH FRUIT ACAI BOWL	MULTIGRAIN BREAD WITH VEGAN BUTTER AND HONEY	PLANT BASED MAKIS ORANGE SLICES	PASTA LEFTOVERS	SEASONAL FRUIT	KALE WITH ORANGE CASHEW DRESSING PIZZA FRIDAY
SATURDAY	LEMON PANCAKES WITH MAPLE SYRUP	APPLE WATERMELON CARROT JUICE	PORTOBELLO BURGERS		TAPIOCA PUDDING WITH MANGO AND ROASTED GRATED COCONUT	MIXED SALAD SEASONAL FRUIT
SUNDAY	ROLLED OATS WITH CINNAMON, BLUEBERRIES, BANANA AND CHIA SEEDS	REFRESHING GREEN JUICE	BEST VEGAN TACOS EVER		CREAMY VANILLA COCONUT PUDDING	VEGGIE WRAPS SEASONAL FRUIT