

WEEKLY MEAL PLAN 8

| | Breakfast | Morning Snack | Kids Lunch | Parents Lunch | Afternoon Snack | Dinner |
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| MONDAY | OVERNIGHT STEELCUT OATS WITH BANANAS, PECANS AND MAPLE SYRUP | SEASONAL FRUIT | VEGETARIAN NUGGETS & CORN WHEELS & CARROTS ORANGE SLICES | WHOLEGRAIN TOAST WITH AVOCADO AND LEMON | CARROT CUCUMBER CELERY APPLE JUICE | PLANT-BASED CHILI |
| TUESDAY | WHOLEGRAIN TOAST WITH HONEY AND FRESH FRUIT | CRUNCHY SALAD WRAP | TORTILLAS WITH LEFTOVER CHILI FILLING | TORTILLAS WITH LEFTOVER CHILI FILLING | STRAWBERRY COCONUT SMOOTHIE | SALAD WITH TANGERINE CASHEW DRESSING |
| WEDNESDAY | QUINOA FLAKES WITH MIXED BERRIES AND CHIA | CITRUS SALAD WITH HONEY | CREAM CHEESE SANDWICH WITH VEGGIES FRESH FRUIT | CREAM CHEESE SANDWICH WITH VEGGIES FRESH FRUIT | WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANA | WHOLE WHEAT COUSCOUS WITH ROASTED SQUASH, TOASTED ALMONDS, SPINACH AND POMEGRANATES |
| THURSDAY | HOMEMADE GRANOLA WITH DAIRY FREE VANILLA YOGURT AND OAT MILK | SEASONAL FRUIT | SANDWICH WITH CHICKPEA SPREAD AND CUCUMBERS ORANGE SLICES | SANDWICH WITH CHICKPEA SPREAD AND CUCUMBERS ORANGE SLICES | SEASONAL FRUIT | AUSTRIAN LENTIL "GRÖSTL" |
| FRIDAY | ROLLED OATS WITH APPLES, CINNAMON & RAISINS | FRUIT SOY YOGURT | VEGGIE SALAD WRAPS | VEGGIE SALAD WRAPS | CRUNCHY SALAD WRAP | KALE CHIPS, VEGGIE STICKS WITH RED PEPPER SPREAD & PITA BREAD |
| SATURDAY | BANANA OAT PANCAKES WITH MAPLE SYRUP | COLD PRESSED APPLE, KALE, PEAR, CUCUMBER JUICE | HOMEMADE SWEET POTATO GNOCCHI WITH SAGE | | CHOCOLATE CAKE RECTANGLES WITH STRAWBERRIES | WHITE BEAN SPREAD ON FRESH BREAD WITH ROCKET SALAD |
| SUNDAY | FRENCH TOAST WITH RASPBERRY SAUCE | SEASONAL FRUIT | PASTA BOLOGNESE WITH TOFU MIXED SALAD WITH ITALIAN DRESSING | | ROASTED PINEAPPLE WITH MACADAMIA NUT CREME | MUSHROOM CROSTINI |