

WEEKLY MEAL PLAN 9

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	HOMEMADE GRANOLA WITH DAIRY FREE VANILLA YOGURT AND OAT MILK	FRESH FRUIT	PLANT-BASED SUSHI	PLANT-BASED SUSHI	WHOLEGRAIN TOAST WITH JAM AND FRESH FRUIT	ROASTED TOMATO SOUP WITH ROASTED GARLIC BREAD
TUESDAY	WHOLEGRAIN TOAST WITH HONEY AND GRAPEFRUIT HALVES	APPLE SLICES WITH ALMOND BUTTER DIP	WRAP WITH HOMEMADE HUMMUS, JULIENNED VEGGIES AND SALAD LEAVES	WRAP WITH HOMEMADE HUMMUS, JULIENNED VEGGIES AND SALAD LEAVES	BANANA KALE COCONUT SMOOTHIE	SWEET POTATO LEEK GRATIN
WEDNESDAY	QUINOA FLAKES WITH MIXED BERRIES AND CHIA	EDAMAME AND CRISPY SEEWEEED SQUARES	HOMEMADE LEMON PARSLEY HUMMUS SANDWICHES WITH CARROTS AND SALAD LEAVES	GRATIN LEFTOVERS	RAW CHOCOLATE BALLS	ROASTED EGGPLANT WITH COUSCOUS AND POMEGRANATES
THURSDAY	PEAR BANANA OAT BREAKFAST SMOOTHIE	OVERNIGHT VANILLA OATS WITH BANANA AND BLUEBERRIES	VEGAN GRILLED CHEESE SANDWICHES WITH VEGGIE STICKS ORANGE SLICES	PITA BREAD WITH COUSCOUS LEFTOVERS	FRESH FRUIT	RED CABBAGE PASTA GARDEN SALAD WITH LEMON HONEY FLAXSEED DRESSING
FRIDAY	ROLLED OATS WITH CINNAMON & RAISINS AND FRESH BERRIES	ALMOND BUTTER BANANA SANDWICHES	PITA BREAD WITH HOMEMADE HUMMUS AND JULIENNED VEGGIES	PASTA LEFTOVERS	SEASONAL FRUIT	BEST VEGAN TACOS EVER BANANA ICE CREAM
SATURDAY	BANANA OAT PANCAKES WITH MAPLE SYRUP	APPLE, KIWI, KALE JUICE	CREAMY ASPARAGUS RISOTTO		RAW CARROT CAKE WITH CREAMY CASHEW LEMON FROSTING	BABY SPINACH WITH ORANGE CASHEW DRESSING
SUNDAY	FRENCH TOAST WITH RASPBERRY SAUCE	FRESH FRUIT	PASTA BOLOGNESE WITH TOFU		VERY BERRY SMOOTHIE	NUTRITIOUS DELICIOUS KALE SALAD