

WEEKLY MEAL PLAN 12

	BREAKFAST	MORNING SNACK	KIDS LUNCH	PARENTS LUNCH	AFTERNOON SNACK	DINNER
MONDAY	ROLLED OATS WITH APPLES, CINNAMON & RAISINS	VANILLA YOGURT & STRAWBERRIES	VEGAN CREME CHEESE SANDWICH WITH RED PEPPER, CUCUMBER & TOMATOES	WEEKEND LEFTOVERS FRESH FRUIT	FRUIT SALAD	PASTA WITH TOMATO SAUCE SALAD WITH BALSAMIC VINEGAR & OLIVE OIL HOMEMADE BANANA ICE CREAM
TUESDAY	BREAD WITH VEGAN BUTTER, HONEY & FRUIT	APPLE SLICES	WHOLEGRAIN SANDWICH WITH CHICKPEA SPREAD, CUCUMBERS & SALAD	AVOCADO/ CUCUMBER/ SALAD SANDWICH	STRAWBERRY, SPINACH AND BANANA SMOOTHIE	COCONUT CHICKPEA CURRY FRESH FRUIT
WEDNESDAY	HOMEMADE GRANOLA & FRUIT	VEGGIE STICKS WITH HOMEMADE LEMON PARSLEY HUMMUS	WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANAS	RAGOUT LEFTOVERS	SEMOLINA BALLS	KALE CHIPS RED BEANS AND RICE FRESH FRUIT
THURSDAY	QUINOA FLAKES WITH FROZEN MIXED BERRIES AND CHIA	VANILLA PUDDING & BERRIES	FAKE CHICKEN NUGGETS WITH VEGGIES & KETCHUP	WHOLEGRAIN TOAST WITH ALMOND BUTTER AND BANANAS	FRESH FRUIT	CANNELLINI BEANS, SAGE & TOMATOES SPINACH SALAD WITH TOMATOES AND ITALIAN DRESSING
FRIDAY	CEREAL WITH BROWN RICE MILK AND CHOPPED FRESH FRUITS	EDAMAME & CRISPY NORI	HEALTHY WRAP WITH HOMEMADE HUMMUS & GRATED CARROTS	MIXED SALAD WITH HERBS AND HONEY MUSTARD DRESSING	PEAR SLICES	PIZZA FRIDAY BANANA ICECREAM
SATURDAY	WHOLEGRAIN TOAST & BUTTER & JAM GRAPEFRUIT HALVES	SEASONAL FRUIT	PEACH CORN MANGO SALSA WITH VEGAN CHEESE TORTILLAS		APPLE KIWI KALE JUICE	ITALIAN CANNELLINI BEAN SOUP PASTA BOLOGNESE WITH TOFU
SUNDAY	BANANA OAT PANCAKES & BERRIES	GREEN JUICE	ROASTED EGGPLANT WITH COUSCOUS AND POMEGRANATES PEACH PIE WITH ROSEMARY	VERY BERRY SMOOTHIE		VEGGIE PLATTER WITH HOMEMADE HUMMUS AND WHOLEMEAL BREAD