

Sample Menu

	MON	TUE	WED	THU	FRI
BREAKFAST	Creamy coconut porridge and chia raspberry jam	Brioche french toast and berries	Toasted english muffins with scrambled tofu	Fluffy buttermilk pancakes and bananas	Carrot cake mini muffins, coconut yogurt and granola
SNACK 1	Seasonal fruit and oat cracker	Seasonal fruit and oat cracker	Seasonal fruit and oat cracker	Seasonal fruit and oat cracker	Seasonal fruit and oat cracker
LUNCH	Cottage pie: lentil tofu ragu and corn on the cob	Spinach and plant cheese cannoloni, basil pomodoro, bechamel and peas	Black bean and grilled vegetable enchiladas, green rice and salad	Sweet potato mac and cheez, sundried tomato crumbs and rainbow coleslaw	Plant chicken ramen noodle and vegetable miso broth
PUDDING	Fruit kebabs and refined sugar free chocolate dip	Date apple flapjacks	Cinnamon apple crumble and vanilla custard	Blueberry cheesecake pots	Mango coconut rice pudding
SNACK 2	Pea hummus garden pots with crunchy seed sprinkles	Polenta chips and tomato basil dip	Cobb salad lettuce cups	Baked tortilla chips, avocado cream and tomato salsa	Focaccia pizza slices
DINNER	Rainbow egggy tofu fried rice	Baked sweet potato, three bean chilli and sour cream	Gua bao buns, hoi sin plant chick'n and cucumber sticks	Tarka dahl, mango yogurt and roti	Sweetcorn fritters with tomato chutney
PUDDING	Mini banana bread	Three layer smoothies	Melon platter	Banana 'nice' cream	Cocoa date balls