

Weekly Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Scrambled eggs & Mushrooms / bircher muesli	Porridge with banana and seeds	Baked beans & scrambled eggs	Pumpkin Soup with spinach & chickpeas	Boiled eggs and dippers / bircher muesli	Cereal with banana and nut smoothie	Sunday Family Day Pancakes
MORNING TEA / RECESS	Staple F&V plus Hommus Choc Protein Bombs or No Bake Freezer Slice or Banana Muffins	Staple F&V plus Hommus Choc Protein Bombs or No Bake Freezer Slice or Banana Muffins	Staple F&V plus Hommus Choc Protein Bombs or No Bake Freezer Slice or Banana Muffins	Staple F&V plus Hommus Choc Protein Bombs or No Bake Freezer Slice or Banana Muffins	Staple F&V plus Hommus Choc Protein Bombs or No Bake Freezer Slice or Banana Muffins	Rice Cakes with Avo and Grilled Cheese	Smoothie Bowl / trail mix
LUNCH	Chicken Drummers	Homemade baked beans	Spaghetti Bol Muffins	Meatballs & salad	Tuna Rice Paper Rolls / Sushi / Left over Fritters	Lunch at the farmers markets	Leftovers
AFTERNOON TEA / SNACK	Smoothie Bowl	Cheese & crackers with carrot and apple bites	Banana and Peanut Butter	Yoghurt with fruit and nuts	Rice cakes with Cheese and tomato	Yoghurt with fruit and nuts	Cheese and crockers with carrot and apple bites
DINNER	Homemade baked beans, with veg dippers	Spaghetti bolognaise with Salad	Pumpkin Soup with Chickpeas and Kale Chips	Broccoli & Halouni Fritters with steamed veg	Home made pizza	Beef stew with loads of veggies	Chicken and veggies
DESSERT						Wholefood simply strawberry slice	