



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST 7am to 8am</b>	<ul style="list-style-type: none"> <li>- Porridge</li> <li>- Toast (butter, marmite, jam)</li> <li>- Granola</li> <li>- Fresh Fruits</li> </ul>	<ul style="list-style-type: none"> <li>- Porridge</li> <li>- Toast (butter, marmite, jam)</li> <li>- Granola</li> <li>- Fresh Fruits</li> </ul>	<ul style="list-style-type: none"> <li>- Porridge</li> <li>- Toast (butter, marmite, jam)</li> <li>- Granola</li> <li>- Fresh Fruits</li> </ul>	<ul style="list-style-type: none"> <li>- Porridge</li> <li>- Toast (butter, marmite, jam)</li> <li>- Granola</li> <li>- Fresh Fruits</li> </ul>	<ul style="list-style-type: none"> <li>- Porridge</li> <li>- Toast (butter, marmite, jam)</li> <li>- Granola</li> <li>- Fresh Fruits</li> </ul>
<b>MORNING SNACK 9:30 AM</b>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Yogurt</li> </ul>
<b>LUNCH 12:00 PM</b>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Lentils Bolognese Pasta</li> <li>- Vegan cheese</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Rice + Quinoa</li> <li>- Lentils</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Vegetable Risotto</li> <li>- Vegan Cheese</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Rice + Quinoa</li> <li>- Chickpea Curry</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Humous</li> <li>- Veggie Sticks</li> <li>- Rainbow Rice</li> <li>- Vegetables (roasted, steamed or boiled)</li> </ul>
<b>AFTERNOON SNACK 2:00 PM</b>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Oat cakes</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit</li> <li>- Rice Cakes</li> </ul>
<b>DINNER 5:00PM</b>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Rice + Spinach</li> <li>- Beans</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Mashed Potato</li> <li>- Veggie Nuggets</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Pesto Pasta</li> <li>- Vegan Cheese</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Cauliflower Cheese Pasta</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Vegetable Soup</li> <li>- Garlic Bread</li> <li>- Seasonal Vegetables (roasted, steamed or boiled)</li> </ul>
<b>Drinks</b>	Plant-Based Milk or Fresh Water are available during the day.				