

Sunday	Monday (7th)	Tuesday	Wednesday	Thursday (10) NEW MOON	Friday	Saturday
	Seasonal Sugo w/ local sauteed veggies, Nutritional Yeast, Coconut Mylk (Chickpea Pasta). Beet + Carrot Salad with Apples, Lemon + ACV; seasonal fresh fruit. Side: cheese/seeds Snack AM: Apple Sauce Snack PM: Oatmeal w/ fruits and raw honey.	Grilled Cheese Sandwiches (vegan/reg/soy-free options) w/ Tomato-Veggie Bisque soup, added coconut mylk and nutr. yeast) w/ fresh seasonal fruit and Carrot-Lemon-Apple salad. Snack AM: Dried Fruits (mixed) Snack PM: Smoothie pops (Fresh organic fruits, hemp mylk, chia seeds, pumpkin seeds, raw cocoa, honey)	Mediterranean Plate w/ Olives, Feta (or sub), mixed salad, hummus, chips, boiled eggs (or sub), nutritional yeast, other sub (avo, etc), fruit Snack AM: Fresh fruit Snack PM: Chia pudding with fruit + raw honey	Chili / Stew with roasted veggies and brown rice, add on's olives and cheese (sub) w/ fresh seasonal fruit and Carrot-Lemon-Apple salad. Snack AM: Dried Fruits (mixed) Snack PM: Fresh fruits with coconut or plain (dairy) yoghurt as sub. Also frozen blueberries added.	Fun Tacos (Siete/Corn Tortillas) filled with vegan sauce, refried beans, seasonal veggies, cheese (regular/vegan/soy-free), and fermented food (kimchi or sauerkraut or coleslaw); Side of fruit. Add ons: seeds/Nutritional Yeast. Snack Am: Seasonal Fruit Snack Pm: Popcorn Party!	
NEW MENU TOMORROW	Healthy Buddha bowls with rice, sweet potatoes, creamy lentils, sauteed broccoli and carrot ginger sauce, with green mixed salad and fresh seasonal fruit. Snack AM: Apple Sauce Snack PM: Oatmeal w/ fruits and raw honey.	Pasta Bolognese (vegan, with lentils and mixed veggies), with garlic bread (sliced, baked), ACV carrot-cabbage-apple coleslaw salad and fresh seasonal fruit. Snack AM: Dried Fruits (mixed) Snack PM: Smoothie pops (Fresh organic fruits, hemp mylk, chia seeds, pumpkin seeds, raw cocoa, honey)	Mixed Veggie Burritos (roll-ups) with non-GMO corn and a variety of mixed sauteed veggies, added tomato salsa + veggie-lemon herb rice salad w/ fresh fruit. Snack AM: Fresh seasonal fruit Snack PM: Chia pudding with fruit + raw honey.	Veggie lovers club sandwich (vegan, gf sandwich bread stuffed with mixed seasonal sauteed veggies), sides: greek salad and fresh seasonal fruit. Snack AM: Raw Oat Balls (vegan) Snack PM: Fresh fruits with coconut or plain (dairy) yoghurt as sub. Also frozen blueberries added.	Chickpea and mixed seasonal Veggie Coconut Curry with Quinoa black bean salad and sides of: cheese, nutritional yeast, olives, fruit. Snack Am: Seasonal fresh Fruit Snack Pm: Popcorn Party!	
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