

Sunday	Monday (7th)	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>PASTA BOLOGNESE (with Red Lentil base) w/ gf Pasta,, Green Salad w/ Mustard + ACV dressing + fruit <i>Snack AM: Hummus + Fresh Veggies (Carrots/Celery)</i> <i>Snack PM: Seasonal Fresh Fruits</i></p>	<p>Grilled Cheese Sandwiches (vegan/reg/soy-free options) w/ Tomato-Veggie Bisque soup, added coconut mylk and nutr. yeast) carrot + cabbage salad w/ fresh seasonal fruit <i>Snack AM: Lovemade Cocoa Protein Bars (Oats, Chia, Almonds, Cocoa, Hemp, Coconut Maca, Raw local Honey)</i> <i>Snack PM: Yoghurt (Bulgarian/Coconut w/ blueberries + raw honey)</i></p>	<p>Chickpea/Celery/Dill salad, Vegan Potato Salad, Green Salad w/ Braggs + ACV dressing + seasonal fruit. <i>Snack AM: Apple w/ Sun Butter</i> <i>Snack PM: Dried Fruits</i></p>	<p>Hummus + Cucumber + Coleslaw Sandwiches w/ fresh seasonal fruit. <i>Snack AM: gf Siete chips (unsalted) w/ Guac</i> <i>Snack PM: Protein Balls (coconut, cocoa, hemp seeds, chia seeds, honey) OR banana bread</i></p>	<p>Bean + Quinoa + Veggie Salad, carrot + apple + salad & fresh seasonal fruit <i>Snack AM: Fresh Citrus Fruits (seasonal)</i> <i>Snack PM: Popcorn Party!</i></p>	
	<p>SEASONAL CHILI / VEGGIE STEW w/ gf Pasta, variety of veggies and beans, Carrot/Cabbage Salad w/ Lemon-ACV dressing + fruit <i>Snack AM: Hummus + Fresh Veggies (Carrots/Celery)</i> <i>Snack PM: Lovemade Blue Spirulina Protein Bars (Oats, Chia, Almonds, Hemp Seeds, Blue Spirulina, Raw local Honey)</i></p>	<p>TACO TUESDAYS: Beans and Rice filled Tacos w/ added Veggies (subs) w/ guac, salad + fresh fruit <i>Snack AM: Lovemade Cocoa Protein Bars (Oats, Chia, Almonds, Cocoa, Hemp, Coconut Maca, Raw local Honey)</i> <i>Snack PM: Yoghurt (Bulgarian/Coconut w/ blueberries + raw honey)</i></p>	<p>VEGGIE BOWLS w/ seasonal root and other veggies, lentils + sprouted Rice, (subs), also Carrot/ Cabbage Salad w/ Lemon- ACV dressing + seasonal fruit. <i>Snack AM: Apple w/ Sun Butter</i> <i>Snack PM: Healthy Banana Bread (home-made)</i></p>	<p>BUTTERNUT SQUASH VEGAN MAC & CHEESE w/ gf Pasta/ chickpeas/lentils as protein, also mixed green Salad w/ Lemon-ACV dressing + fresh seasonal fruit. <i>Snack AM: gf Veggie Sticks (unsalted) w/ Guac</i> <i>Snack PM: Cheese sticks w/ gf Pretzels, (vegan cheese sub)</i></p>	<p>VEGGIE PIZZA DAY (Pizza on gf bread w/ mushrooms/ veggies + cheese/sub) w/ fresh greek salad + home-made hummus. Olives + Feta (sub vegan) + fruit <i>Snack AM: Fresh Citrus Fruits (seasonal)</i> <i>Snack PM: Popcorn Party!</i></p>	
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