

Wholesome Generation Menu
 *peanut, gluten free & organic | local produce when available

Raw, Vegetarian or Vegan Options Daily

Sunday	Monday (30th)	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Mediterranean Bowl w/ sweet potatoes, broccoli, rice, creamed lentils, as well as Sauerkraut and Fresh mixed Salad on the side.</i> Snack AM: Crisps w/ Guacamole Snack PM: Apples w/ Sunbutter (or Almond Butter)</p>	<p><i>Creamy Vegan Califlower + Veggie Casserole, baked w/ cheese, mixed salad with side of fresh fruit</i> Snack AM: Yoghurt (Bulgarian/Coconut w/ mangoes + raw honey) Snack PM: Hummus w/ Celery sticks and Carrots</p>	<p>Grilled Cheese Sandwiches (vegan/reg/soy-yeast-free options) w/Tomato-Veggie OR Curry soup (seasonal), added coconut mylk and nutr. yeast) , green mixed salad w/ AVC, mustard & fresh seasonal fruit Snack AM: Crisps w/ Bean Dip OR Fresh Fruits/Seeds Snack PM: Dried Fruit OR seasonal Fruit (with Oat balls)</p>	<p>Creamy Pasta w/ Sugo and side of soup (butternut squash, seasonal), add on options: Nutritional yeast, toast, broccoli/seasonal & carrot-cabbage-apple salad w/ fresh seasonal fruit. Snack AM: Warm Oats w/ Berries + Honey Snack PM: Popcorn Party!</p>	<p>German Potato Salad w/ Cucumber, Onion, ACV, and Pizza OR flatbread day (veggies) Snack AM: Fresh Citrus Fruits (seasonal) w/ optional cheese sticks or dried fruits Snack PM: Banana's w Dates (Almond Butter)</p>	
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