

# WEEKLY MEAL PLANNER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	In my produce box...
<b>Breakfast</b>	Fruit toast fingers w/ yoghurt and sliced <b>pear</b>	Porridge w/ stewed prunes and a glass freshly squeezed <b>OJ</b>	Toasted muesli w/ mixed nuts, coconut and <b>rockmelon</b>	Cereal topped w/ grated <b>apple</b> and <b>orange</b> zest	Baked bean, <b>spinach</b> and cheese toasted sandwiches	French toast w/ spiced <b>apple</b> puree	Vanilla <b>pear</b> smoothie topped w/ toasted almonds	Onion Carrot Beetroot Spinach Capsicum Leeks Potato Zucchini Garlic Oranges Apples Pears Rockmelon Limes (possibly)
<b>Lunch</b>	Pita stuffed w/ grated <b>carrot</b> , torn <b>spinach</b> , falafel and garlic sauce	Chicken wrap w/ (last night's leftover) <b>veggies</b> in a honey soy sauce	Tuna and pasta salad w/ <b>capsicum</b> , <b>zucchini</b> and mayo dressing	Last night's leftover frittata	Rice salad w/ <b>carrot</b> , borlotti beans and <b>orange</b>	Hot and sour soup w/ tofu and <b>lime</b>	Scrambled eggs w/ <b>leek</b> and <b>garlic</b> on toast	
<b>Dinner</b>	Salmon and <b>leek</b> quiche w/ honeyed sesame <b>carrots</b> and <b>zucchini</b>	Pasta w/ roast <b>capsicums</b> and <b>spinach</b> pesto sauce	Cheesy <b>potato</b> , <b>spinach</b> and <b>garlic</b> frittata	<b>Beetroot</b> and horseradish gnocchi	Pork and <b>apple</b> sausage rolls w/ creamy <b>mash</b> and steamed <b>zucchini</b>	Pizza topped w/ <b>beetroot</b> , <b>spinach</b> and goats cheese	Thai beef stir fry w/ <b>lime</b> and rice noodles	
<b>Snacks</b>	<b>Orange</b> segments	<b>Rockmelon</b> w/ honeyed ricotta topping	<b>Pear</b> and peanut butter sandwiches	<b>Apple</b> wedges sprinkled w/ cinnamon	Chocolate and <b>beetroot</b> muffins	<b>Rock-melon</b> custard tarts	Baked <b>potato</b> and <b>beetroot</b> crisps w/ spicy butter bean dip	