



# WEEKLY MEAL PLANNER

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	In my produce box...
<b>Breakfast</b>	Sweetened <b>grapefruit</b> w/ spiced vanilla yoghurt	Grilled pineapple, <b>grapefruit</b> and <b>orange</b> slices w/ buttermilk pikelets	Sleep in .....Zzzz..	Toasted muesli w/ <b>orange</b> zest, ginger and coconut shavings	Fruit toast w/ <b>apple</b> puree, almonds and dried figs	English muffins topped w/ ricotta and grilled <b>oranges</b>	Creamy porridge w/ honeyed <b>grapefruit</b>	Apples, Pink Ladies Apples, Granny Smiths Mandarins Oranges Grapefruit
<b>Lunch</b>	Warm roasted <b>potato</b> , white bean and <b>kale</b> salad w/ herb vinaigrette	Cheese and gherkin sandwiches w/ <b>spring onion</b> and <b>carrot</b>	<b>Spinach</b> rösti w/ poached eggs	Last night's kebabs in warm pita bread w/ grated <b>carrot</b> and <b>spring onion</b>	Creamed corn, cheese and <b>spinach</b> toasties	Lunch date!	<b>Spinach</b> and walnut pasta salad w/ last night's salmon and sour cream topping	Carrots Cauliflower Kale Onions Potatoes Spinach Spring onions Zucchini
<b>Dinner</b>	<b>Zucchini</b> , <b>spinach</b> and parmesan risotto	<b>Spinach</b> , sundried tomato and mozzarella pizza	Kangaroo, <b>zucchini</b> and <b>onion</b> kebabs on mustard <b>cauliflower</b> mash	<b>Potato</b> and <b>kale</b> soup with warm sourdough rolls	<b>Kale</b> and <b>root vegetable</b> pasties w/ tomato <b>apple</b> sauce	Hot jacket <b>potatoes</b> w/ salmon, <b>spring onions</b> , sour cream and lemon	Lamb and <b>zucchini</b> moussaka	
<b>Snacks/ Desserts/ Drinks</b>	<b>Onion</b> and bacon buns	<b>Mandarin</b> semolina cake	<b>Apple</b> bread and butter pudding	Fresh <b>mandarins</b>	<b>Grapefruit</b> and frozen raspberry frappes	<b>Pink lady apples</b>	<b>Orange</b> , prune, almond and coconut fruit salad	