



WEEKLY MEAL PLANNER

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	In my produce box...
Breakfast	Bircher muesli w/ OJ and zest	Sleep inZzzz..	Two onion hot cakes w/ borlotti beans and caramelised balsamic vinegar	Apple, orange and carrot juice w/ crusty fruit bread	Porridge w/ cardamom, apple and dried pear compote	Cream cheese, carrot and prune toasties	Creamy porridge w/ ginger mandarins	Apples, Pink Ladies Mandarins Oranges Broccoli Capsicum Carrots Cauliflower Onions Potatoes Pumpkin Spring onions
Lunch	Asian style cauliflower, pea and champignon noodle salad	Out for brunch ☺	Herbed spring onion and sun-dried tomato frittata	Corn, capsicum, spring onion and kidney bean salad w/ cheese toasties	Tuna w/ angel hair pasta, capsicum, carrot and spring onion in lemon mustard dressing	Curried egg and carrot sandwich	Last night's tagine w/ warm pita and mint yoghurt sauce	
Dinner	Chicken and broccoli pot pies	Roast capsicums stuffed w/ spicy beef and olive couscous	Oven-baked blue eye w/ cauliflower and broccoli bake in a lemon and parsley white sauce	Gnocchi in a roast pumpkin, capsicum and pepita sauce	BBQ kangaroo w/ pumpkin polenta cakes and steamed broccoli	Pumpkin, potato and chickpea tagine w/ saffron rice	Mixed veg and pearl barley soup w/ Tuesday's potato and cheese dampers	
Snacks/ Desserts	Juicy pink ladies	Grilled orange segments w/ cinnamon cream and toasted almonds	Fresh oranges	Mandarin segments w/ yoghurt and sunflower seeds	Potato and cheese dampers	Pumpkin and sultana scones	Grated apple and honey toasts	