



WEEKLY MEAL PLANNER

| | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | In my produce box... |
|---|---|---|---|--|--|--|---|---|
| Breakfast | Porridge w/ cranberry apple sauce | French toast topped w/ caramelised leeks and onions | Sleep inZzzz.. | Poached quinces w/ muesli and vanilla yoghurt | Winter fruit salad w/ lime yoghurt | Wholegrain cheese toasties w/ onion relish | Orange and tahini breakfast bars | Apples, Granny Smiths Apples, Pink Ladies Lemons Limes Mandarins Oranges Quinces |
| Lunch | Mandarin and carrot cous cous w/ sultanas and almonds | Potato and onion soup w/ cheese damper | Lemon oatmeal yoghurt pancakes w/ stewed apples | Saturday's potato and onion soup w/ crusty bread rolls | Last night's polenta and leek cakes w/ tuna | Last night's veggies wrapped in pita w/ warm lentils and hommus | Borlotti bean, chicken and orange salad | Bok Choy Carrots Leeks Onions Potatoes Pumpkin |
| Dinner | Stir-fried barramundi w/ hokkien noodles, baby corn and bok choy | Lamb and quince tagine w/ pumpkin and chickpeas | Salmon and brown rice slice w/ steamed carrot and wilted bok choy | Meatballs w/ tomato sauce and polenta and leek cakes | Pasta salad w/ dukkah- encrusted roasted veggies | Dinner with friends ☺ | Roasted pumpkin and broad bean risotto | |
| Snacks/ Desserts/ Drinks | Mojitos w/ fresh lime and mint | Vanilla orange rice pudding | Coconut lime sorbet | Fresh mandarins | Carrot, apple and walnut loaf w/ cinnamon frosting | Polenta cakes w/ lemon syrup and ice cream | Dehydrated pink ladies | |