

Weekly Menu : Everything is cooked with Olive Oil and Coconut Oil

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - 8.00	Cereal + Milk	Cereal + Milk	Cereal + Milk	Cereal + Milk	Cereal + Milk
Snack – 9.30	Fruit	Organic rice cakes	Breadsticks	Breadsticks	Fruit
Lunch – 11.30 - 12	Lentil soup/Rice, Turkey and tomatoes	Soup/Egg, beans, tomatoes	Quinoa Soup/Spaghetti Bolognese	Wraps	Soup/Salmon, pasta/rice & veg
Pudding	Yogurt	Fruit	Fruit	Crackers & cheese	Yogurt
Snack – 15.30	Biscotti	Raisins	Dried Cranberries	Raisins	Rice Cakes/Raisins
Tea/Dinner – 16.30	Chicken and vegetables/Meatballs & spaghetti	Fish finger and sweet potato wedges	Portuguese Canjinha soup (orzo pasta, chicken & carrots)	Soup/Vegetable fingers (mixture of broccoli, spinach, carrot, fruit)	Cheese Sandwich & vegetables/Pizza
Pudding	Fruit/Cheese	Fruit	Yogurt	Fruit/Jelly	Fruit