



	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	Granola & almond milk (Home made granola with almond milk)	Blueberry Power Bar (With bananas, apple sauce, almonds, chia and rolled oats)	Berry good overnight oats	Jamming Jammu	Nutty Apple Chia Pot	Granola & almond milk (Home made granola with almond milk)
DRINKS (CHOICE OF 1)	Gone Nuts (Cahew Nuts, Almond Milk, Agave Nectar, Vanilla)	Magic Mylk (Almond Milk, Sprouted Almonds, Date Paste, Himalayan Pink Salt, Vanilla)	Cereal-sly Good (Oats Milk, Cinnamon, Agave Nectar, Himalayan Pink Salt, Roasted Oats, Coconut and Agave)	Cacao Mylk (Dates, Almond Milk, Sprouted Almonds, Cacao)	Gone Nuts (Cahew Nuts, Almond Milk, Agave Nectar, Vanilla)	Magic Mylk (Almond Milk, Sprouted Almonds, Date Paste, Himalayan Pink Salt, Vanilla)
	Spiru-celery juice (with ginger and pineapple)	Spinach-celery juice (with green apples and cucumber)	Spiru-celery juice (with ginger and pineapple)	Spinach-celery juice (with green apples and cucumber)	Spiru-celery juice (with ginger and pineapple)	Spinach-celery juice (with green apples and cucumber)
LUNCH (CHOICE OF 1)	Very Vegan Caesar (Kale, lettuce and toasted coconut flakes in a creamy cashew dressing)	Quinoa Tabbouleh (quinoa, onion, fresh herbs, cherry tomato, cucumber, white cabbage with lemon oil dressing)	Edamame with bean sprouts salad (edamame, bean sprouts, mango slices with lime soy-sesame dressing)	Kale Confetti	Fattoush	Mixed cabbage coleslaw with raisins (shredded carrot & cabbage)
	Stir-fried vegetables (tossed broccoli, cauliflower, baby marrow, carrots & mushroom with ginger-garlic & soy sauce)	Greens and Beans (baby spinach, black beans, white beans, edamame, coriander + lemon)	Broccoli stir-fry with ginger & sesame	Cauliflower salad served with sesame paste & lemon dressing	Kousa Mokalla (Sautéed Baby Marrow Mixed With Onion, Mint & Lemon Juice)	Stir-fried vegetables (tossed broccoli, cauliflower, baby marrow, carrots & mushroom with ginger-garlic & soy sauce)
	Pumpkin soup	Carrot soup	Blended vegetable soup	Mushroom soup	Artichoke & potato soup	Pumpkin Soup
PM SNACK	Vegetable crudités and beetroot hummus	Vegetable crudités and hummus	Vegetable crudités and guacamole	Vegetable crudités and beetroot hummus	Vegetable crudités and hummus	Vegetable crudités and guacamole
DINNER	Lentil soup	Celeriac soup	Coco cashew curry soup	Broccoli Soup	Healing Soup	Mushroom Soup