



Vegetarian Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Blueberry Banana Chia Seed Pudding w/ Cinnamon Twist	Breaded Tofu Sticks w/ Sweet Potato & Cajun Dip	Oriental Rice w/ Lentil & Cucumber Tomato Salad	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Half-Moon Omelete Stuffed w/ Cheese, Mushroom & Olives	Creamy Vegan Mushroom Stroganoff w/ Soya Chunks & Pasta	Fiesta Bowl w/ Kidney Beans, Quinoa, Corn and Guacamole Dip	Lemon Blueberry Muffin	Green apple, Cucumber, Spinach, Celery, Ginger
Wednesday	Protein Crepe w/ Strawberry Peanut Glaze	Egg Fried Rice w/ Soy Glaze & Spring Onion	Garlic Herb Beans & Mashed Potatoes Bake	Raisin Orange Cake	Cucumber, Lemon, Apple
Thursday	Pepper and Egg Sandwich w/ Cheese & Sweet Chili Sauce	Green Thai Paneer Curry w/ Coconut Rice	Chickpea Mughrabiyeh w/ Brown Sauce	Chocolate Chip Chocolate Cake	Carrot, Orange, Ginger, Lemon & Turmeric
Friday	Almond Joy Overnight Oats w/ Chocolate	Vegetarian Bolognese w/ Vegan Cheese	Eye-Bean & Lentil Curry w/ Turmeric Rice	Apple & Berry Muffin	Watermelon & Apple Juice
Saturday	Creamy Scrambled Eggs w/ Tomato & Mixed Pepper	Rosemary Edamame w/ Baked Potatoes & Dill Sauce	Buffalo Bean Burger w/ Ranch Dip	Carrot Cake	Orange, Carrot & Ginger
Sunday	Blueberry Pancake w/ Honey	Chimichurri Seitan w/ Sauteed Veggies & Roasted Potatoes	Mixed Bean Zucchini Boats & Rice	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery