

## Sample Set Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Broccoli Cake With Mango Chutney	Vegan Vanilla Oats with Lemon Raspberry Compote	Savory Oats with Spicy Granola	Baked Bean with Mushroom-Tofu Patty	Muesli Bar
Meal 1	Nicoise Salad with Tofu	Costa Rican Rice, Black Beans	Roast Cauliflower Stew with Chickpeas	Vegan Vindaloo	Quinoa mix pepper with zucchini
Meal 2	Vegan Penne Bolognese	Thai Spiced Sweet Potato And Chickpea Curry	Mediterranean Bean Stew	Red Quinoa, White Bean with Grapefruit	Heritage Carrot & Lentil Salad
Snack 1					
Snack 2					