

Vegan Weekly Meal Planner

Our menu planners are a guide only. They do not reflect what is available in the meal boxes due to fluctuations in stock availability.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch:	Sweet Potato & Aubergine Sri Lankan Curry <i>Steamed or stir-fried greens</i> 342 cals	Mushroom Spaghetti Bolognese <i>Rocket Salad</i> 379 cals	Red Lentil & Mixed Bean Casserole <i>Baked sweet potato</i> 321 cals	Spanish Bean Stew with Peppers & Kale <i>Wholemeal crusty roll</i> 503 cals	Mushroom Spaghetti Bolognese <i>Rocket Salad</i> 379 cals	Cauliflower & Aubergine Shakshuka <i>2x wholegrain flatbreads</i> 423 cals	Sweet Potato & Aubergine Sri Lankan Curry <i>Steamed or stir-fried greens</i> 342 cals
Dinner: In Bold = COOK side dishes	Vegan Lasagne al Forno <i>Steamed greens</i> 574 cals	Vegetable & Chickpea Tagine <i>Minted Couscous</i> 569 cals	Cauliflower & Aubergine Shakshuka <i>Brown rice and 1x wholegrain flatbread</i> 557 cals	Green Thai Vegetable Curry <i>Coconut & Lime Leaf Rice</i> 552 cals	Mexican Three Bean Chilli <i>Brown rice and 1/2 avocado, mashed with a squeeze of lime</i> 661 cals	Roasted Vegetable & Chickpea Curry <i>Peas Pilau and Tarka Dal</i> 552 cals	Spanish Bean Stew with Peppers & Kale <i>Baked sweet potato and mixed veg side salad</i> 485 cals
5 a Day:	3	6	7	4	4	5	8
EST DAILY CALORIES (incl serving suggestions)	916 cals	948 cals	878 cals	1055 cals	1040 cals	975 cals	827 cals

Snacks:

To add to 5 a day.

Small fruit: Two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries. **Medium-sized fruit:** One apple, banana, pear, orange or nectarine. **Large fruit:** Half a grapefruit, one slice of papaya, one slice of melon (5cm slice), one large slice of pineapple or two slices of mango (5cm slices). **Dried fruit:** About one heaped serving spoon of raisins, currants or sultanas, one serving spoon of mixed fruit, two figs, three prunes or one handful of dried banana chips. **Salad vegetables:** Three sticks of celery, a 5cm piece of cucumber, one medium tomato or seven cherry tomatoes. All information taken from the British Nutrition Foundation