

Week 1



Vegetarian Menu Planner

YOUR M&S

	<i>Breakfast</i>	<i>Mid Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Dinner</i>	<i>Nutrition</i>	<i>5 a day Portions</i>
Monday	1 Cinnamon and Raisin Bagel with Reduced Fat Soft Cheese. 200ml glass Florida Orange Juice	1 Pear	1 medium Baked Potato with Reduced Fat Olive spread 1/3 can of Baked Beans. 1 Count on Us yogurt Grapes (handful)	2 Mini Wholemeal Pittas and one stick Celery with 50g Reduced Fat Houmous.	1/4 Red Pepper and Goats Cheese Tart, Salad Leaves and Cherry Tomatoes. with Avocado, Mint and Lime Dressing One Ciabatta Roll with Reduced Fat Olive spread Medium glass Red Wine	Calories: 2030 Fat: 56.9g Saturated Fat: 18.2g Salt: 5.7g	6
Tuesday	Pomegranate Granola with 100g fresh Blueberries	Regular Cappuccino made with Semi Skimmed Milk Handful (50g) Dried Orchard Fruit	Avocado and Spinach sandwich Half bag of Szechuan Red Pepper and Prawn Crackers 1 Apple	1 medium Banana	Butternut Squash Lasagne with Italian style Leaf Salad, Baby Plum Tomatoes and Reduced Fat French Dressing Lemon Meringue Pie Medium glass of Red Wine	Calories: 1955 Fat: 56.9g Saturated Fat: 19.8g Salt: 4.9g	6
Wednesday	Cranberry and Blueberry Porridge made with Semi Skimmed Milk 200ml glass Florida Orange Juice	Hot Cross Bun with Reduced Fat Olive Spread 1 Clementine	4 Falafel with Fireburst Rice Salad Mango Madness cubes 1 Extremely Fruity Yogurt	1 slice Super Seeded Bread with Reduced Fat Olive Spread and Strawberry Jam Bottle of Still Lemon and Lime Water	One Filled Red pepper with 1 Potato and Carmelised Onion Rosti, Mangetout and Green Beans Individual Eve's Pudding with Custard	Calories: 2005 Fat: 67.8g Saturated Fat: 19.7g Salt: 5.3g	5
Thursday	Bowl Cornflakes (50g) Bowl of Sizzling Fruit Salad	Regular Cappuccino make with Semi Skimmed Milk Fruit and Nuts To Go (50g)	Greek Meze: 2 Stuffed vine leaves, 2 Courgette and Potato and Cheese Fritters, 2 Mini wholemeal Pittas with half pot Tzatziki 1 pot Mango and Passion Fruit Dessert	1 Apple 250ml Strawberry and Vanilla Smoothie	Half pack Ricotta and Spinach Cannelloni with 1 Ciabatta Roll and Reduced Fat Olive spread Rocket and Spinach Salad Leaves with Cherry Tomatoes Raspberry Jelly with Raspberries	Calories: 2010 Fat: 64g Saturated Fat: 18.7g Salt: 6g	6
Friday	Yogurt and Granola, with one chopped Banana	1/5 bag Lightly Salted Pretzel Sticks	Cheese Ploughmans Sandwich Grapes (handful) Bottle of Still Peach and Raspberry Water	Egg Custard Tart	Tarka Dhal with Pilau Rice and Sweetcorn One Garlic and Coriander Naan 2 slices raw Pineapple	Calories: 1995 Fat: 61.4g Saturated Fat: 20.3g Salt: 5.2g	5
Saturday	250ml glass Orange, Mango and Apricot Smoothie 2 slices Superseeded Bread with Reduced Fat Olive Spread	1 medium Banana	Tuscan Bean Soup with Soft Wholemeal Roll spread with Soft cheese and Cracked Pepper Large bowl Radiant Fruit Salad	1 Cranberry and Orange Cookie	1 Vegetable Kiev with boiled baby new potatoes served with Leek, Edamame and Tenderstem Broccoli mix Medium glass Red Wine Count on Us Chocolate Mousse	Calories: 1985 Fat: 68.7g Saturated Fat: 20g Salt: 6g	6
Sunday	1 slice SuperSeeded Bread with Reduced Fat Olive Spread and Chocolate Nut Spread 1 medium Banana	Regular Cappuccino made with Semi Skimmed Milk Handful (50g) Dried Orchard Fruit	Half Woodfired Margarita Pizza, with 1/4 pack Reduced Fat Coleslaw Spinach salad and Baby Plum Tomatoes, with Balsamic Glaze Quarter pot Summerfruit Compote	Bottle Still Lemon and Lime Water	Taste East Snack Supper: 2 Crispy Vegetable and Potato Balls, 2 Oriental Mushroom Puffs with Celery and Cucumber Sticks and Sweet Chilli Dipping sauce 100g Lychees Medium glass White Wine	Calories: 1950 Fat: 69.8g Saturated Fat: 20.3g Salt: 6g	5

Drinks: Include at least 1.5l (6 glasses) of water per day. Tea and coffee are best drunk away from meal times as they interfere with iron absorption. Include 300ml of semi skimmed milk or fortified soya alternative each day for use in drinks and cereals.