

Week 2



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	Low Fat Yogurt with Redcurrant and Raspberry Compote 200ml Glass Florida Orange Juice	1 Scotch Pancake spread with Reduced Fat Soft Cheese	Houmous and Roast Vegetable Sandwich Extremely Fruity Yogurt Grapes (handful) Still Peach and Raspberry Water	1 Pear	Quarter Tomato and Broccoli Quiche with half pack of Marinated Lentil Salad with Balsamic Dressing and Charlotte Baby Potato Salad. Serve with Salad Leaves and Baby Plum Tomatoes Medium glass dry White Wine Quarter pack Summerfruit Compote with 1 tbsp Eatwell Plain Yogurt	Calories: 2000 Fat: 58.1g Saturated Fat: 18.2g Salt: 4.3g	6
Tuesday	2 Scrambled Eggs on 2 slices Golden Wholemeal toast; Reduced Fat Olive Spread 250ml Orange Mango and Apricot Smoothie	1 medium Banana	Vegetarian Sushi Half pack Radiant Fruit Salad	Quarter pack Snack Well Edamame Beans	1 Chunky Vegetable Crispbake with half pack Parmentier Potatoes. Serve with Mangetout and Carrots Individual Eve's Pudding with Custard	Calories: 1945 Fat: 70g Saturated Fat: 20.9g Salt: 6.1g	6
Wednesday	Greek Style Yogurt with Mango and Passion Fruit Compote 1 Slice Superseeded bread with Reduced Fat Olive Spread and Yeast Extract	Grapes (handful)	Avocado and Spinach Sandwich Third pack Lightly Salted Pretzel Sticks 200ml glass Orange Juice	1 Fruity Flapjack Cookie and Cappuccino with Semi Skimmed Milk	1 Edamame Bean Burger in Soft Wholemeal Roll. Serve with a portion of Crinkle Cut Oven Chips, Tenderstem Broccoli and half pack Tomato Salsa One scoop Lemon Lush Sorbet with 100g Fresh Raspberries	Calories: 2030 Fat: 63.6 Saturated Fat: 19.1g Salt: 5.4	6
Thursday	Bowl Cornflakes with handful (50g) Dried Fruit and Nuts 200ml glass Florida Orange Juice	1 Hot Cross Bun with Reduced Fat Olive Spread	Cous Cous and Chick Pea Salad Watercress with Chopped Red Peppers Extremely Fruity Yogurt and 1 Sultana Cookie	1 Apple	Half a carton of Sweet Potato Bake and Leeks in a Cheese Sauce, serve with Steamed Cabbage Half pint (284ml) Lager 1/5 pack Tropical Twist Iced Dessert with Fresh Pineapple Cubes	Calories: 2015 Fat: 53.7g Saturated Fat: 19.5g Salt: 3.5g	8
Friday	Quick Oat Porridge made with Semi Skimmed milk and Honey Half Pack Sizzling Fruit Salad	Cappuccino or Latte with Semi Skimmed Milk	Medium Baked Potato with 1 tbsp Sour Cream Half Leek and Gruyere Tartlet Italian Style Salad with added Grated Carrot	1 medium Banana	300g pack Egg Fried Rice, 300g pack Vegetable Chop Suey Fresh Mango Cubes	Calories: 1995 Fat: 66.3g Saturated Fat: 20.4g Salt: 5.2g	6
Saturday	2 Scotch Pancakes with 100g Stewed Blueberries	1 all butter Chocolate Chunk Cookie	1 Baked Vegetable Parcel with Tomato Salsa served with half pack 3 Bean Salad 1 Freshly baked Pretzel 1 Raspberry Jelly with Fresh Raspberries	1 Orange	Half pack Aubergine Bake and 6 Baby New Potatoes serve with Leek, Edamame and Tenderstem Broccoli Mix Medium glass Red Wine	Calories: 2000 Fat: 49.5g Saturated Fat: 14.9g Salt: 5g	6
Sunday	2 slices Irish Soda Bread with Reduced Fat Olive Spread and Lemon Curd 250ml Red Fruit Smoothie	1/3 bag Lightly Salted Pretzel Sticks	Half Pack Tomato and Porcini Mushroom Pasta sauce with Pappardella Pasta Spinach and Watercress salad with 1 Chopped Orange and Balsamic Glaze 1/5 pack Tropical Twist Iced Dessert	Half pack Reduced Fat Houmous with Pepper and Celery Sticks	Half pack French Onion Soup with a slice of Golden Wholemeal Bread Half pack Sizzling Fruit Salad	Calories: 1975 Fat: 55.4g Saturated Fat: 19.3g Salt: 6.3g	6

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.