

# My Lunchbuddy – Sample Menu

- Summer 2020 -

| MENU   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|--|---|---|
| <b>Mid-morning snack</b>   | Carrot raisin breakfast cookie & cucumber cheese roll-ups                     | Apple bircher bite & Bliss buddy nut ball & Carrot ribbons | Cucumber sticks with humus dip & healthy tuna mayo & corn crisps | Sweet potato date muffin & Carrot sticks & dried fruit and nut mix  | Pumpkin oat bar & dried mango   |
| <b>Fruit portion</b><br>75 grams   | Pineapple & strawberries  | Nectarine  | Watermelon & blueberries   | Apricot   | Pear & fresh coconut  |
| <b>Main lunch meal</b><br><b>Omnivore</b><br>200 grams                         | Chicken broth infused brown basmati rice & crispy chicken bites & sugar snaps | Zucchini oat pancakes with cinnamon honey dip & Boiled egg | Ostrich mince balls with sweet potato bun & grilled mielie       | Sourdough slices with butter & grated cheese / nut butter & raisins | Whole wheat penne with slow-cooked beef Bolognese & seasonal veggies  |
| <b>Main lunch meal</b><br><b>Vegetarian</b><br>200 grams<br><i>Served cold</i> | Veggie broth infused brown basmati rice & falafel balls & sugar snaps         | Zucchini oat pancakes with cinnamon honey dip & Boiled egg | Corn cakes with sweet potato bun & grilled mielie                | Sourdough slices with butter & grated cheese / nut butter & raisins | Whole wheat penne with slow-cooked vegan Bolognese & seasonal veggies |
| <b>Healthy smoothie boost</b><br><b>- optional-</b><br>200 ml                  | Berrylicious  | Green Dream  | Go Nutsy   | Yellow Mellow   | Pink Summer   |

