

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Muesli with Banana Whip and Stewed Pears	Salmon Eggs Benedict and Every Morning Smoothie	Baked Beans and Every Morning Smoothie	Warm Seasonal Fruit Salad with Vanilla Yogurt	Banana Pikelets	Baked Beans and Every Morning Smoothie	Muesli with Banana Whip and Stewed Pears
LUNCH	BBQ Pear and Prosciutto Salad	Beef Lasagna and Green Vegetable Salad	Kids: Small Souffle Sandwiches with Topping of Choice, Stewed Pear and Apples, Lemon Tart Adults: Crusty Onion Roll with Topping of Choice, Snacks	Kids: Small Souffle Sandwiches with Topping of Choice, Stewed Pear and Apples, Snacks Adults: Crusty Onion Roll with Topping of Choice, Stewed Pears and Apples	Kids/Adults Frittata Provencale Apple and Blueberry crumble left over with Yogurt and Honey Snacks	Kids/Adults Cold Chicken Meatloaf with Dijonnaise Stewed Apples and Pears	Kids: Chef's salad left-overs (take out the lettuce), Ripe Banana Snacks Adults: Onion Roll with Chef's salad left over as topping Snacks
AFTERNOON TEA	Lemon-Yogurt Cake	Lemon Tarts	Lemon Tarts	Every Morning Smoothie	Every Morning Smoothie	Snacks	Every Morning Smoothie
DINNER	Beef Lasagna and Very Berry Ice Cream	Minestrone Crusty Onion Rolls straight from the oven Lemon-Yogurt Cake	Minestrone Cauliflower Cheese Pear and Almond Pudding with French Cream	Frittata Provencale Apple and Blueberry Crumble	Chicken Meatloaf Warm Roast Vegetable Salad Very Berry Ice Cream	Zucchini Spaghetti with Pesto and Parmesan Chef's Salad (make enough to have left-overs for lunch) Very Berry Ice Cream	Fish Fingers Green Salad Strawberry Zabaglione
PREPARATION	Soak beans for Minestrone overnight Soak beans for Baked Beans overnight Prepare 7 Liters of Yoghurt for Smoothies for the week (1 Liter to be drained for dripped yogurt) Prepare ½ liter of french cream for the week. Make Raspberry Cordial for the week Make Mayonnaise/Dijonnaise for the week Make Lemon Tarts (makes 10) Stew pears and apples for muesli for the week and to be used in school lunches. Make extra for fruit leathers. Make Snacks for Kids Lunches (Fruit Leathers, Coconut Date Balls, Nut Butter Balls...) in dehydrator Make Lemon-Yogurt Cake Make Beef Lasagna Make BBQ Pear and Prosciutto Salad Make Very Berry Ice Cream	Cooking for Sunday Make Salmon Eggs Benedict Make Green Vegetable Salad Cook all beans for 2 hours. Make Minestrone (makes 8 meals) Make Baked Beans (makes 8 servings) Refrigerate Yogurt and French Cream Make Soft Soufflé Breads (make 2 lots – makes 4 big sandwiches or 8 small ones) Make Onion rolls and time them to be ready for dinner (makes 8) serve ½ a roll per person with dinner. Make Pear and Almond Puddings (makes 4)	Make Smoothie and heat Baked Beans. Prepare Lunches. Dinner: Make Cauliflower Cheese; heat Minestrone; remove Pear and Almond Pudding from refrigerator.	Prepare Warm Seasonal Fruit Salad and prepare lunches. Dinner: Make Frittata Provencale and Apple and Blueberry Crumble	Make Banana Pikelets and prepare lunches. Dinner: Make Chicken Meatloaf and Warm Roast Vegetable Salad.	Warm Baked Beans and make Smoothie; prepare lunches Dinner: Make Zucchini Spaghetti and Chef's Salad	Prepare Muesli and make lunches. Dinner: Make Fish Fingers, Green Salad and Strawberry Zabaglione.
PREPARATION TIME	2.5 Hours	2.5 hours plus 3 hours cooking	1/2 Morning 1/2 Evening	1/2 hour Morning, 45 minutes Evening	1/2 hour Morning, 1 hour Evening	15 minutes Morning, 1/2 hour Evening	1/2 hour Morning, 1 hour Evening