

Weekly Menu Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T						
Cereal with Soymilk	Toasted Bagels with Hummus & Tomato Slice	Orange Pudding , Toast with Soy Butter	Soy Yogurt Fruit & Granola Parfait	Whole Wheat English Muffins with BOCA Sausage and Soy Cheese	Oatmeal with Apples, Walnuts, and Cinnamon	Pancakes with pure maple syrup
L U N C H						
Veggie Burgers	Veggie Salami on Rye Bread	Chick Pea Smash Sandwiches and cut Celery	Cucumber, Avocado, Lettuce, Mayo (sea salt), Grain Bread	Macaroni & Cheese or Grilled Cheese	Amy's Burritos or Veggie Pockets	Veggie Wraps
D I N N E R						
Crock Pot Veggie Stew	Bean Enchiladas or Burritos with Guacamole	Pizza Night	Carol's Goulash	N.Y. Goodwiches	Grandma's "doctored-up" Spaghetti sauce over Spelt or Quinoa Noodles	Order Chinese: Veggie Almond Dinner; Family Bean Curd Moo Shu -- No Egg Fried Rice

For vegan recipes and other ideas, please visit www.Vegan-Gal.com