

SASSY MAMA SCHOOL LUNCH PLANNER

WEEK 1

Snack

Lunch

Dessert

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Baby carrots, cucumber, cherry tomatoes & organic cheese sticks	Apple & raisins	Watermelon & melon cubes	Dried fruit strips (mango, pineapple, guava)	Olives & organic cheese cubes with wholegrain crackers
Home-made chicken schnitzel strips (use coconut oil or bake) with pasta pesto swirls	Organic peanut butter (or ricotta cheese) & banana wholemeal sandwich with a sprinkling of cinnamon	Easy corn muffins (see recipe) with baby carrots, cucumber & cherry tomatoes	Avocado, tomato & organic cheese wholemeal sandwich	Spelt pasta with peas, basil, a little extra virgin olive oil, feta & parmesan
Home-made oatmeal, banana & dark chocolate cookies (see recipe)	Home-made carrot, apple & beetroot wholegrain muffin (see recipe)	Baked & unsweetened apple chips	Home-made oatmeal & date cookies (see recipe)	Banana & Wheatgerm muffins

WEEK 2

Snack

Lunch

Dessert

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Oat cakes with hummus & cucumber, carrot sticks	Pear or apple slices	Boiled egg, baby carrot sticks & cherry tomatoes	Pineapple & orange smiles (wedges)	Homemade oatmeal & date cookies (see recipe)
Stir-fried brown rice with peas, sweetcorn, carrots, shredded chicken & egg	Tuna & organic cheese melt with sweetcorn on wholemeal or pumpernickel bread	Wholemeal sandwich with sesame seed butter (or any organic nut butter) with strawberry jam or honey	Pasta salad with poached chicken strips or tuna (see recipe)	Couscous/Quinoa salad with cucumber, feta, fresh mint, cranberries & fresh lemon juice/olive oil
Dried fruit strips (mango, pineapple, guava)	Home made oatmeal & banana cookies	Blueberry wholemeal muffin	Sesame seed snaps/pumpkin seed snaps	Pumpkin/sweet potato, chia & maple muffins