

3-Week Rolling Menu



Leftovers meal, for the freezer, no cook-day



Freezes

	Breakfast	Snack	Lunch	TIMING	Snack	Dinner	TIMING
Monday	Porridge: mixed grain made with full-fat/semi milk, ground flaxseed and berries.	Apple and walnuts/Pumpkin seeds	Cheese, chopped herbs and spinach omelette. For a packed lunch, roll as if it was a tortilla wrap or cut into strips (easier for young children). Serve with carrots and chopped tomatoes and hummus.	10min prep and cooking	Dairy free sweet potato muffins with cocoa and almonds	Organic chicken thighs with carrots and new potatoes. Sauteed broccoli with garlic, soy sauce and sesame seeds.	15 min prep (prep ahead) 30min baking
Tuesday	Granary toast with peanut butter and chia jam	Home-made smoothie with coconut milk	Wholemeal (GF or normal) pasta (can be eaten cold) with cannellini beans and basil & spinach pesto	Pesto: 10 minutes prepping & blending. Pasta 10min boiling	Plain yogurt (cow's, coconut, soya), fruit, seeds, maple syrup	Seabass/Mackerel a papillote. Watermelon and feta salad.	10min prep, 15min cook
Wednesday	Scrambled eggs, with avocado and cherry tomatoes. Wholemeal toast.	Cranberry and coconut energy balls	Chicken wraps with grated carrots, cucumber and a yogurt and tahini dressing.	leftovers from Monday - 10minutes max.	Popcorn	Fish stew or fish curry (Sauce from the freezer) . Peas, asparagus, green beans or cabbage.	10min prep and 15 min cooking: make ahead and freeze sauce. 5 min for fish and veg on the day
Thursday	Oatibix with whole milk , chia and flax seeds and seasonal fruit	Home-made bagel crisps with almond butter	Summer veg soup with butterbeans	15min all in - make in the eve	Hummus finger sandwiches	Lamb cottage pie (from the freezer). Sauteed spring greens or steamed green beans	20min prep. 40 min stove cooking. 20-40 min baking. Freeze in ramekins for kids.
Friday	Porridge: mixed grain made with full-fat/semi milk, ground flaxseed and berries.	5 min Breadsticks with hummus	10min lamb, chicken or bean curry with brown rice, quinoa and okra or runner/green beans	Tomato sauce (ideally our very veggie tomato sauce) and some Indian spices: 10min	Tortilla wraps - quesadillas or avocado and carrot	Home-made salmon and cod fingers, baby corn, sugar snaps and sweet oven chips	30min prep. 30min cooking chips, 10min cooking for fish fingers.
Saturday	Banana Pancakes with almond butter and blueberries	Home-made popcorn low salt.	Barley risotto with peas, asparagus and prawns.	Prep veggies: 10min, Barley cooking (no stirring needed) 30min	Home-made icelollies	Chilli con carne with tomatoes, onions, mushrooms, carrots, cocoa -> one pot meal	Prep: 15 min. Cook 2-3 hours in the oven
Sunday	Breakfast Tacos	cheese cubes , seeded crackers	Sunday roast: Italian Lamb with garlic, herbs, lemon and potatoes. Green veggies: steamed and dressed with olive oil and toasted slivered almonds.	A couple of hours but it looks after itself.	Home-made coconut and chocolate cookies (ANZAC)	Home made wholemeal flour and quinoa pizza.	Prep: 20min. Cook: 5min each pizza