

# Whole Food Plant Based Programme Sample Menu

## Monday

### Lunch

Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas

### Dinner

Peri Peri Tofu Steaks with Roasted Potatoes, French Beans & Carrot, Coriander Leaf



## Tuesday

### Lunch

Gong Bao Shitake & Oyster Mushrooms with Brown Rice, Spicy Eggplant & Garlic Choy Sum, Cashew Nuts

### Dinner

Basil Crushed Tofu, Lentils & King Oyster Mushroom with Rice Noodles, Shredded Cucumber & Carrot, Red Chilli



## Wednesday

### Lunch

Baked Turmeric Tempeh with Basmati Rice, Roasted Portobello Mushroom, Cucumber, Chilli Sauce, Roasted Peanuts

### Dinner

Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts



## Thursday

### Lunch

Tom Yam Soup base, Thai Tofu Spinach & Oyster Mushroom with Brown Rice Noodles, Beansprouts & Long Beans, Red Chilli, Thai Basil leaf, Mint Leaf, Lime Wedge

### Dinner

Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato



## Friday

### Lunch

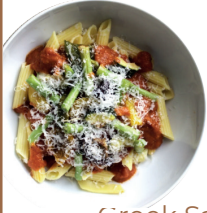
Lemongrass Baiye & Wood Ear Fungi with Brown rice, Stew Tofu with Bittergourd & Red Capsicum

### Dinner

Coconut Curry Mixed Chickpeas & Lentils with Quinoa, Yellow Sweet Potato and Cauliflower, Cashew Nuts, Lime Wedge



# Whole Food Plant Based Programme Sample Menu



## Monday

### Lunch

Greek Salad with Pickled Tempeh, Locally Sourced Vegetables, Olives & Pickled Cabbage

### Dinner

Ragu with Gluten-Free Pasta & Beans, Roasted Vegetables & Parmesan

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## Tuesday

### Lunch

Tomato Salad with Lentils, Assorted Tomatoes, Buffalo Mozzarella, Pickled Shallots, Red Radish, Basil, Sunflower Seeds & Pesto

### Dinner

Sri Lankan Curry & Coconut Brown Rice, Roasted Cauliflower, Steamed Carrots, Lady Finger, Sunflower Seeds & Toasted Spiced Coconut



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## Wednesday

### Lunch

Poke Bowl with Wasabi & Avocado Sauce, Spiced Pickled Cauliflower, Edamame beans, & a Sprinkling of Powdered Seaweed

### Dinner

Chinese Braise with Wolfberry & Marinated Tofu, Shimeji Mushrooms, Finely Shredded Spring Onion & Chilli, & Steamed Brown Rice



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## Thursday

### Lunch

Kimchi Salad with Korean Dressing & Roasted Tofu with Fermented Cabbage & Carrots Topped with Fresh Green Beans served with a Spicy Gochujang Dressing

### Dinner

Tempeh with Steam Roasted Sweet Potato, Mushy Peas & Steamed Sugar Snaps, served with Homemade Tartar Sauce

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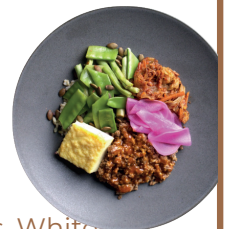
## Friday

### Lunch

Rustic Lentil Soup with Tofu Cubes & Hand Cut, Pan Roasted Fresh Vegetables, White Beans, Carrot, Onion, Celery, Leek, Thyme, Seeds, & Tomato Based Stock

### Dinner

Grilled Tempeh with Silky Smooth Pumpkin Puree, 5-spice Aromatic Glaze, & Torched Clementine, with Potato Fondant, Pak Choi & Braised Shallot



# Whole Food Plant Based Programme Sample Menu

## Monday

### Lunch

Tempeh Rice Bowl with Brown Rice, Pan Fried Tempeh, Vegan Pesto Sauce & Gazpacho.

### Dinner

Pesto Zoodles with Zucchini Noodles, Homemade Vegan Pesto & Vegan 'Parmesan' Crumb.

## Tuesday

### Lunch

Avocado Cucumber Gazpacho: Avocado, Cucumber, Chilli, Lemon, Lime, Coriander.  
Vegan Goats Cheese Rolls. Macadamia Cheese in Crunchy Cucumber Rolls with Mint Jam

### Dinner

Kale & Cauliflower Rice Bowl: Cauli Rice, Sauteed Kale, Edamame, Avocado, Pomegranate, Nori, Black Sesame, Coriander. Orange Tamari Dressing.



## Wednesday

### Lunch

Rainbow Nori Roll. Nori Roll packed with Fresh Veggies & Avocado, Wasabi Cashew Mayo, Balsamic Dressing, Red Pepper Sauce.

### Dinner

Big Vegan Brekkie. Pesto Tofu Scramble, Eggplant Bacon, Roast Vine Tomatoes, Truffled Mushroom, Guacamole, Sourdough Toast.



## Thursday

### Lunch

Raw Taco Boats.  
Walnut 'Meat' Taco Balls, Lettuce Wraps, Guacamole, Mango Salsa & Cashew Mayo.

### Dinner

Vegan Keto Bowl: Baby Spinach, Sauteed Kale & Truffled Mushrooms, Cherry Tomatoes, Eggplant Bacon, Sauerkraut, Guacamole.

## Friday

### Lunch

Raw Zucchini Lasagne: Layers Of Fresh Zucchini, Taco 'Meat', Macadamia Cheese, Cashew Cream, Pesto & Fresh Tomatoes.

### Dinner

Roast Cauliflower Almond & Herb Salad: Cauliflower, Rocket, Fresh Herbs,  
Toasted Almonds, Dates, Cumin & Pomegranate Dressing.

