

# Weekly Menu Plan

## Dinners

1. Venison Stew – salad
2. Pan Fried Tofu & Greens w/ Almond Ginger Sauce – FTWF p. 152
3. Spaghetti Dinner w/ fresh bread and tossed salad
4. Sauteed Chickpeas and Kale w/ Currents – tossed salad
5. Nut Burgers on Homemade Buns w/ tossed salad – FTWF p.155

## Books/Magazines Referenced

FTWF -Feeding the Whole Family  
VV – Vegan w/ a Vengeance

## Baking & Snack Ideas

Lemon Poppyseed Muffins – VV p.46  
Popcorn  
Maple Oat Cookies  
Muffin Tin Snack Tray  
Apricot Oat Bars

## Breakfast Ideas

Banana Berry Smoothies  
Green Smoothies  
Breakfast Tacos  
Yogurt w/ Fruit & Granola

## Lunch Ideas

Spring Rolls  
Wheatberry Salad  
Leftovers  
Peanut Butter & Jelly on homemade Bread  
Tossed Salad with beans bits of leftovers