

CARRIAGEWORKS FARMERS MARKET

Spring Meal Plan

Breakfast

Lunch

Dinner

Monday

Fresh strawberries
with yoghurt +
honey

Goats cheese,
chutney and cos
lettuce sandwich

Stir-fry with chicken, snow
peas, bok choy and
cabbage

Tuesday

Smashed broad beans
on toast

Leftover stir-fry

Sausages with asparagus
and carrots

Wednesday

Fresh strawberries
with yoghurt +
honey

Salad of cos lettuce,
asparagus and goats
cheese

Takeaway night from
your favourite local
restaurant

Thursday

Smashed broad beans
on toast

Goats cheese,
chutney and cos
lettuce sandwich

Green spring soup
with kale, onions,
garlic and peas

Friday

Fresh strawberries
with yoghurt +
honey

Leftover green soup

Spaghetti with peas,
asparagus and lemon

Saturday

Breakfast at the Market

Picnic cheese board
with apples, dried fruit
and ham

Leftover spaghetti

Sunday

Bacon and eggs
+ avocado on
Toast

Lemon roast chicken
with asparagus +
potatoes

Salad of cos lettuce,
asparagus and goats
cheese