






# Non-dairy Vegetarian Lunch Box Menu

Favorite: 

Date: \_\_\_\_\_ Food Budget: \_\_\_\_\_

<p><b>Monday:</b></p>  <p>Lunch time: 00:00</p>	<p>Hummus &amp; red pepper sandwich Corn chips &amp; salsa Sliced apple (with a little lemon juice) Animal crackers Almond or rice milk- in reusable bottle</p>
<p><b>Tuesday:</b></p>  <p>Lunch time: 00:00</p>	<p>Toasted tomato &amp; mayo sandwich Cubed melon Hard boiled egg, sliced Animal crackers Almond or rice milk- in reusable bottle</p>
<p><b>Wednesday:</b></p>  <p>Lunch time: 00:00</p>	<p>Hummus &amp; red pepper sandwich Corn chips &amp; salsa Sliced apple (with a little lemon juice) Animal crackers Almond or rice milk- in reusable bottle</p>
<p><b>Thursday:</b></p>  <p>Lunch time: 00:00</p>	<p>Toasted tomato &amp; mayo sandwich Cubed melon Hard boiled egg, sliced Animal crackers Almond or rice milk- in reusable bottle</p>
<p><b>Friday:</b></p>  <p>Lunch time: 00:00</p>	<p>Hummus &amp; red pepper sandwich Corn chips &amp; salsa Sliced apple (with a little lemon juice) Animal crackers Almond or rice milk- in reusable bottle</p>




## Preparation:

Slice red pepper		
Slice apple		
Make Hard boiled eggs		

# Shopping List



Favorite: ☆

Remember Bag 	Remember Coupons 	Avoid Plastics 	Food Budget <input data-bbox="1347 220 1534 304" type="text" value="\$"/>
Produce:	Meat:	Baking Goods:	Beverages:
Apples			Almond Milk
Melon			
Red pepper			
Tomatoes			
Lemon Juice			
			Bakery:
			Whole wheat bread
			Paper Goods:
	Canned & Dry:	Frozen:	Cleaning Supplies:
Eggs	Animal crackers		
Hummus	Salsa		
	Corn chips		
	Mayo		
			Other: