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Meal Plan Details

Meal Plan Date: 31 July 2023

Meal Plan Name: Tasty Bite

Dietary: Vegetarian Food, Egg Free

Age Group: 12 months +

Breakfast

- [Recipe Name](#): Hot Cross bun

Preparation Time: 110 Mins

Calories: 200

Cooking Time: 20 Mins

Difficulty Level: medium

Meal Type: 4

No Of Serves: 18

Meal Time: evening snack

- [Recipe Name](#): Choc Zucchini Muffins

Preparation Time: 20 Mins

Calories: 131

Cooking Time: 20 Mins

Difficulty Level: medium

Meal Type: 5

No Of Serves: 24

Meal Time: afternoon snack

Evening Snacks

- Recipe Name: Strawberry Mousse Cups

Preparation Time: 20 Mins

Calories: 120

Cooking Time: NA

Difficulty Level: medium

Meal Type: 6

No Of Serves: 8

Meal Time: evening snack

Dietary: Vegetarian Food, Vegan

Allergen: None

- Recipe Name: Spooky Homemade Chocolates

Preparation Time: 5 Mins

Calories: 200

Cooking Time: 2 Mins

Difficulty Level: easy
Meal Type: 6
No Of Serves: 20
Meal Time: lunch
Dietary: Egg Free, Nut free food
Allergen: None

Lunch

- Recipe Name: Hot Cross bun

Preparation Time: 110 Mins
Calories: 200
Cooking Time: 20 Mins
Difficulty Level: medium
Meal Type: 4
No Of Serves: 18
Meal Time: evening snack
Dietary: Vegetarian Food, Nut free food
Allergen: Wheat, Eggs

Morning Snacks

- Recipe Name: Spooky Homemade Chocolates

Preparation Time: 5 Mins
Calories: 200
Cooking Time: 2 Mins
Difficulty Level: easy
Meal Type: 6
No Of Serves: 20
Meal Time: lunch
Dietary: Egg Free, Nut free food
Allergen: None- Recipe Name: Choc Zucchini Muffins

Preparation Time: 20 Mins
Calories: 131
Cooking Time: 20 Mins
Difficulty Level: medium
Meal Type: 5
No Of Serves: 24
Meal Time: afternoon snack
Dietary: Vegetarian Food, Nut free food
Allergen: Wheat, Eggs

Dinner

- Recipe Name: Choc Zucchini Muffins

Preparation Time: 20 Mins

Calories: 131

Cooking Time: 20 Mins

Difficulty Level: medium

Meal Type: 5

No Of Serves: 24

Meal Time: afternoon snack

Dietary: Vegetarian Food, Nut free food

Allergen: Wheat, Eggs