

Dish: peanut butter and banana on toast



Ingredients

- Wholegrain bread
- Peanut butter
- Banana
- Unsweetened oat milk, fortified with calcium, B12, iodine, and riboflavin and Vitamin D (optional)

Dish: coconut dhal



Ingredients

- Red lentils
- Tinned tomatoes
- Coconut milk
- Spinach
- Garlic
- Ginger
- Spices: turmeric, curry powder
- Coriander
- Basmati rice
- Onion

Dish: mac 'n' cheeze



Ingredients

- Macaroni pasta
- Cauliflower
- Fortified and unsweetened soy milk, fortified with calcium, B12, iodine, and riboflavin and Vitamin D
- Soy margarine
- B12–fortified Nutritional yeast
- Mustard
- Onion