

Corona 1 Weekly Meal Plan

	Breakfast	Lunch with veggie/fish option	Snack	Snack 2	Dinner with veggie / pescatarian option
Mon	Toast with vegemite and skyr raspberry yoghurt	Vietnamese Spring Rolls with chicken or Salmon	Pineapple, mango, kiwi and a cereal bar	kit kats / banana cake	Cauliflower and spinach curry with homemade naan bread
Tue	Porridge with/out fruit	Mediterranean Salad with herbs and feta, Za'atar Chick Pea Salad	Satsumas, edamame and Black Black Brownies	crisps	Salmon Ramen
Wed	Fried egg on seeded wholemeal sourdough	Pizza made by Ellie	Roasted Cauliflower	Bruschetta	Roasted Cod tray bake with boiled potatoes and salad
Thur	Porridge with/out seeds/nuts/fruit	Leftovers lunch Curry/Salt Beef Sandwiches	Skyr yoghurt with granola and soup	kit kats	Chicken or Salmon Fajitas with guacamole and caramelised onion & pepper
Fri	Homemade Granola with yoghurt and berries	Baked potato with tuna and cheese	Smoothie	crisps	Chicken Soup Sesame chicken toast and sesame tofu toast Apple strudel
Sat	French Toast with yoghurt and berries	Shakshuka with aubergine and feta	Flapjacks and Rice Pudding	love corn	Roast Chicken or salmon Vietnamese Rolls
Sun	Smashed avocado on toast* with poached eggs	Pea Soup with spinach and courgette fritters	Beetroot Muffins	eat natural bar	Salt beef sandwiches with pickles and salad