

## Corona Weekly Meal Plan - Week 2

	Breakfast	Lunch	Snack	Snack	Dinner with pescatarian option
<b>Mon</b>	Toast* with peanut butter* and cucumber or apple	Mushroom omelette with Broccoli, red onion and Pomegranate Salad	Rice pudding	Mango, pineapple and raspberries	Fake Duck (Turkey) pancakes
<b>Tue</b>	Porridge with/out fruit	Pea soup with mixed seed crackers and tuna	Crisps	Spinach Balls and crudités	Sushi with miso soup
<b>Wed</b>	Toast with vegemite and skyr raspberry yoghurt	Chicken Shwama wraps with coleslaw and salad	kit kat	Dried apple rings and flapjacks	Yuzu Salmon Stir fry
<b>Thur</b>	Fried egg on Sourdough Toast	Mixed salads - coleslaw, tuna mayo, egg, hummus, salad	Homemade chocolate brownies	On-the go Flapjacks	Sweet and Sour Cauliflower Spinach Balls Seitan/Tofu Stir Fry
<b>Fri</b>	Homemade Granola with yoghurt and berries	Courgetti and Tomato Salad with with Poached Eggs	Eat Natural bar	Rice Pudding	Sesame Chicken Toast Pulled Oregano Chicken Apple Filo Pie
<b>Sat</b>	Breakfast pancakes with berries and yoghurt	Shakshuka	Bruschetta	Flapjacks	Mushroom, Spinach and Lentil Strudel with broccoli and beans
<b>Sun</b>	Smashed avocado on toast* with poached eggs	Chicken, Sweetcorn & Noodle Soup with edamame	Roasted Cauliflower	Flapjacks	Spaghetti Bolognese