

Corona Weekly Meal Plan - Pesach - Wed 8th pm - Thur 16th pm

	Breakfast	Lunch	Snack	Snack	Dinner with pescatarian option
Wed Seder night	Fried egg on Sourdough Toast	Spinach and Courgettes fritters	Yoghurt and berries	Oranges	Chicken Soup, Salt Beef, roast potatoes, roast cauliflower, salad and Fruit salad Nut crusted Salmon fillet
Thur	Matzo with smoked salmon, cucumber and tomatoes	Mushroom omelette with Broccoli, Red Onion & Pomegranate Salad	Pineapple and mango	Chocolate brownies	Vegetable lasagne
Fri	Pancakes	Roasted Tomato and Pepper Soup with matzo crackers and tuna mayonnaise	Mango, pineapple and raspberries	Crisps	French Onion Soup, Roast Chicken, roast potatoes, Fruit salad Vegetable lasagne
Sat	Matzo with smoked salmon, cucumber and tomatoes	Chicken Salad made with leftovers or tuna salad	Guacamole and crudités	Bowl Tomato Soup	Baked Cod Goujons with salad and boiled potatoes
Sun	Matzo Brei	Shakshuka	Bliss Balls with Ginger, Lime and Chilli	Dried apple rings	Nut crusted salmon with salad
Mon	Scrambled eggs on matzo with cherry tomatoes and cucumber	Roasted sweet potato Buddha Bowl	Chocolate brownies	Egg and Veg brunch cups	Burgers, potato wedges, Coleslaw and salad Cod Goujons
Tue	Smashed avocado on matzo with cherry tomatoes	Courgetti and Tomato Salad with Poached Eggs	Oranges	Oma's Pesach Brownies	Chicken Balls with salad Cod or tuna balls
Wed	Pancakes with berries and yoghurt	Poke bowl with Cauliflower Rice	Guacamole and crudités	Oma's Pesach Brownies	Leftovers
Thur	Matzo with cottage cheese, cucumber and tomatoes	Mixed salads - coleslaw, tuna mayo, egg, guacamole, salad	Roasted Cauliflower	Leftovers	PIZZA!!!!!!
Recipe available on my website - www.quickhealthyfamilymeals.com					