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| **Weekly Meal Plan - June 15th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Pea soup with Bruschetta | Banana Cake | Apricots and strawberries and Popcorn | Cauliflower and Spinach Daal with Homemade Naan Bread |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Roasted Carrot and Freekeh Salad | Apricots and strawberries and Popcorn | Banana Cake | Cod in Brown Butter sauce with capers and lemon served with broccoli and boiled potatoes (Jamie Oliver) |
| **Wed** | Homemade Granola with yoghurt and berries | Mushroom Omelette | On -the-go Flapjacks | Mango, pineapple and raspberries | Salmon and Tuna Sushi |
| **Thur** | Porridge with/out fruit | Thai Salmon Fishcakes with Salads | Kit Kats | Spinach Balls and crudites with hummus and guacamole | Asher Cooking dinner - Stir Fry Seitan Vegetables with Cashew, Honey and Chilli |
| **Fri** | Tabbouleh, Cottage Cheese and Crackers | Pesto Courgetti Salad with poached eggs | Gazpacho | Raspberries and Pears | Asian Chicken Broth or Vegetable Broth with Noodles and Vegetables Chicken, Mushroom and Asparagus Pie or Mixed Bean, Thyme & Veg Pie with green salad |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Shakshuka | Popcorn | Apple Crisps | Ellie's Birthday Dinner |
| **Sun** | Smashed avocado on toast\* with poached eggs | Baked potato with Tuna and Cheese or Salad | Bruschetta | Apple Crisps | Leftovers |
| **Recipe available on my website Recipe in development** | | | |  |  |