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| **Weekly Meal Plan - July 20th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Sun Blushed Tomato Salad with Gazpacho | Banana Cake | Strawberries, Peaches and Popcorn | Carrot Burger or Tomato Tatin with Tomato and Pomegranate Salad |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Spinach, Coconut and Chilli Soup | Cherries, Strawberries and Popcorn | Courgette and Apple Muffins | Cod Goujons |
| **Wed** | Homemade Granola with yoghurt and Apple compote | Nachos | Courgette and Apple Muffins | Mango, pineapple and raspberries | Salmon and Tuna Sushi |
| **Thur** | Tabbouleh, Cottage Cheese and Crackers | Lettuce and Leftovers Soup | Roast Cauliflower | Banana Cake | Beef Strudel  Mushroom Wellington with leftover salads |
| **Fri** | French Toast with Berries | Kale, Apple and Cranberry Salad, Broccoli, Red onion and Cashew Salad and Tuna Mayo | Gazpacho | Raspberries and Watermelon | Out for dinner - sorry not sorry |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Vegetable Pakoras | Chocolate and Orange Muffins (Beetroot) | Smoked Mackerel Pate with mixed Seed Crackers | Take away/Out for dinner |
| **Sun** | Smashed Avocado on toast\* with poached eggs | Shakshuka with Feta and Herbs | Gazpacho | Chocolate and Orange Muffins (Beetroot) | Zoom Cookery Lesson - Join us! Sushi Poached Salmon Noodles Mustard, Sesame and Ginger Salmon Lemon & Herb Crust Salmon Oriental Salmon |
| **Recipe available on my website Recipe in development** | | | |  |  |