|  |
| --- |
| **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!SushiPoached Salmon NoodlesMustard, Sesame and Ginger SalmonLemon & Herb Crust SalmonOriental Salmon |
| **Recipe available on my website Recipe in development** |   |   |