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| **Weekly Meal Plan - July 26th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Poached Salmon Noodles | Banana Cake | Apricot, Plum and Apple Compote with granola | Vegetable Pakoras with Cauliflower and Spinach Dhal and Naan |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Courgette and Spinach Fritters | Cherries, strawberries and Popcorn | Courgette and Apple Muffins | Beef and Mushroom Pie Mushroom and Spinach Strudel |
| **Wed** | Homemade Granola with yoghurt and Apple compote | Pea Soup and Bruschetta made by my son | Courgette and Apple Muffins | Mango, pineapple and raspberries | Chicken Balls with Sesame Spinach Balls (Salmon Balls) |
| **Thur** | Tabbouleh, Cottage Cheese and Crackers | Roasted Tomato and Pepper Soup | Roast Cauliflower | Banana Cake | Italian Olive and Herb Chicken with Sauteed Cabbage Wedges and Roast Potato Wedges |
| **Fri** | French Toast with Berries | Broccoli, Red Onion and Cashew Salad and Tuna Mayo | Gazpacho | Raspberries and Watermelon | Pea Soup Nachos - Vegetarian and Beef Apple Filo Pie |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Leftovers | Chocolate and Orange Muffins (Beetroot) | Apple Crisps | Take away/Out for dinner |
| **Sun** | Smashed Avocado on toast\* with poached eggs | Shakshuka with Feta and Herbs | Gazpacho | Chocolate and Orange Muffins (Beetroot) | (Fake) Duck Pancakes |
| **Recipe available on my website Recipe in development** | | | |  |  |