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| **Weekly Meal Plan - August 31st** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried Egg on Sourdough | Tuna or Chicken Sandwiches | n/a | Penguins | BBQ Chicken and Duck, Salads and Roast Potatoes |
| **Tue** | Porrige with nuts and seeds | Nachos with kale, skyr, sweetcorn, guacamole and spicy black beans | n/a | Pears and Plums | Coronation Chicken Salad |
| **Wed** | Smoked Salmon on Toast with cucumber | Pea Soup with Bruschetta | n/a | Skyr Yoghurt with Granola | Out for my son's Leaving dinner |
| **Thur** | Greek Yoghurt with Granola and Berries | Pea Soup with Bruschetta | Sweetcorn Noodle soup with vegetable gyoza | Apple Compote with Skyr | Poached Salmon Noodles |
| **Fri** | Boiled Eggs with Sourdough Soldiers | Yuzu Salmon Stir Fry | Egg Sandwich, Carrot Sticks, Beetroot and Orange Muffins | Crudites with Hummus | Out at my brother's for dinner |
| **Sat** | Pancakes with yoghurt and Berries | Shakshuka with Feta and Aubergine | n/a | Crudites with Hummus | Vietnamese Vegetable Rolls |
| **Sun** | French Toast with fresh berries | Veggie Samosas with Cucumber Salad | n/a | Figs and Melon | Chicken Nuggets or Cod Goujons |
| **Recipe available on my website Recipe in development** | | | |  |  |