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| **Weekly Meal Plan - September 7th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried Egg on Sourdough | Lettuce and Leftovers Soup with Smoked Salmon on Mixed Seed Crackers | Sweetcorn Noodle soup with vegetable gyoza Apple Crisps | Popcorn | Turkey (fake duck) Duck Pancakes or Mushroom Pancakes |
| **Tue** | Porridge with nuts and seeds | Lettuce and Leftovers Soup with Smoked Salmon on Mixed Seed Crackers | Egg Sandwich, Carrot Sticks, Beetroot and Orange Muffins | Pears and Plums | Sushi |
| **Wed** | Smoked Salmon on Toast with cucumber | Tabbouleh with cottage cheese | Sushi | Skyr Yoghurt with Granola | Miso Cod with Charred Broccoli Salad |
| **Thur** | Greek Yoghurt with Granola and Berries | Tabbouleh with cottage cheese | Egg Sandwich, Carrot Sticks, Beetroot and Orange Muffins | Spiced Pear Compote with Greek Yoghurt | I'm out - kids can have jacket potato with beans, tuna and cheese |
| **Fri** | Boiled Eggs with Sourdough Soldiers | Tuna Niçoise Salad | Tuna Niçoise Salad | Lettuce and Leftovers Soup | Out at friends for dinner |
| **Sat** | Pancakes with yoghurt and Berries | Shakshuka with Feta and Aubergine | n/a | Figs and Melon | Vietnamese Vegetable Rolls |
| **Sun** | French Toast with Fresh Berries | Veggie Samosas with Cucumber Salad | n/a | Crudités with Hummus | Chicken Nuggets or Cod Goujons or Spanakopita Parcels (maybe for school packed lunch next week) |
| **Recipe available on my website Recipe in development** | | | |  |  |