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| **Weekly Meal Plan - November 16th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Chicken Balls with salad | Dried apple crisps and Tomato Pasta | Pears and/or carrot sticks | Aubergine, Peanut and Tamarind Curry (we are Food) |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Aubergine, Peanut and Tamarind Curry (we are Food) | Egg Sandwiches/Hummus and Chick Pea Sandwiches | Melon and/or tabbouleh with cottage cheese on crackers | Ponzu Salmon with Spinach Balls or Vegetable Samosas |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Vegetable Samosas with homemade naan | Vegetable Samosas with homemade naan | Apples and/or hummus with crudites | Chicken /Mushroom Shwarma with Israeli Salad and Hummus |
| **Thur** | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Shakshuka | Chicken /Mushroom Shwarma with Israeli Salad and Hummus | Pineapple and/or popcorn | Tzatziki Plaice with Greek Salad |
| **Fri** | Greek Yoghurt with Granola and Berries | Ottolenghi's Miso Onions with Ponzu Salmon and noodles | School Lunch | Skyr Yoghurt with raspberries | Chicken, Sweetcorn & Noodle Soup Roast Chicken with Griddled Broccoli with Garlic Breadcrumbs and Potato Wedges |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Leftovers | n/a | Raspberry & Date Bars | Take away |
| **Sun** | French Toast with Fresh Berries | Veggie Fry Up - mushroom, beans, egg, tomatoes, sausage | n/a | Kiwi and/or blackberries | Beef /Tofu Pad Thai |