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| **Weekly Meal Plan - November 23rd** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Lettuce and Leftovers Soup or Curried Cauliflower Soup | Banana Rollups and Tomato Pasta | Pears and/or carrot sticks | Vegetable Pakoras with  Cauliflower & Spinach Dhal |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Vegetable Pakoras with  Cauliflower & Spinach Dhal | Egg Sandwiches/Hummus and Chick Pea Sandwiches | Melon and/or tabbouleh with cottage cheese on crackers | Sumac and Pomegranate Chicken with Vegan Vietnamese Rolls |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Sumac and Pomegranate Chicken with Vegan Vietnamese Rolls | Sweetcorn, Noodle Soup with Vegetable Gyoza and Edamame | Apples and/or hummus with crudites | Spicy Ceylonese Coconut Chicken /Tofu with Vegetable Pilaf |
| **Thur** | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Shakshuka or try something new with my Salter Air Fryer | Lettuce and Leftovers Soup or Curried Cauliflower Soup | Melon and/or popcorn | Tzatziki Plaice (chick peas) 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 | Peruvian Salmon Ceviche Sumac and Pomegranate Chicken Tabbouleh, Blueberry Flapjacks |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Leftovers | n/a | Raspberry & Date Bars | Take away and Zoom Gin Tasting event |
| **Sun** | French Toast with Fresh Berries | Veggie Fry Up - mushroom, beans, egg, tomatoes, sausage | n/a | Oranges and/or blackberries | Leftovers |
| **Recipe available on my website Recipe in development** | | | |  |  |