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| **Weekly Meal Plan - November 2nd** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Pea Soup with Smoked Mackerel Pate | Falafel Wrap | Cottage Cheese on Mixed Seed crackers | Egg Fried Rice with Turmeric and Broccoli Chicken (seitan) Stir Fry |
| **Tue** | Porridge with berries, nuts and seeds | Falafel with Hummus and Tabbouleh | Pea Soup | Raspberry & Date Bars | Poached Salmon Noodles |
| **Wed** | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Beetroot and Apple Salad with Smoked Mackerel Pate on Mixed Seed Crackers | Poke Bowl with Edamame, Veg Gyoza and avocado | Popcorn | Cod (Tofu) Tacos with Pickled Red Onion, Carrot Slaw and Guacamole |
| **Thur** | Boiled Eggs with Sourdough Soldiers | Smoked Salmon on Spring Onion Blinis with Salad | Smoked Salmon sandwiches with cream cheese and cucumber or last night's leftovers | Spiced Pears and Apple with yoghurt | Sesame Chicken (tofu) Toast, Spinach Balls, Sweet & Sour Cauliflower and Ottolenghi's Miso Onions |
| **Fri** | Greek Yoghurt with Granola and Berries | Pesto Courgetti with Poached Eggs | Tuna or Bean sweetcorn and cheese melt wrap | Plums and Blackberries | Chicken, Sweetcorn & Noodle Soup Roast Chicken with Griddled Broccoli with Garlic Breadcrumbs and Potato Wedges |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Aubergine, Peanut and Tamarind Curry (we are Food) | n/a | Spiced Pears and Apple with yoghurt | Take away |
| **Sun** | French Toast with Fresh Berries | Veggie Fry Up - mushroom, beans, egg, tomatoes, sausage | n/a | Figs or persimmon | Homemade (veggie) Sausage Rolls with Sage and Onion with Roasted Brussels Sprouts and Parsnips |
| **Recipe available on my website Recipe in development** | | | |  |  |