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|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Banana Rollups and Tomato Pasta | Hummus with carrot sticks | Sweet Potato Bites with Guacamole, Sesame Spinach Balls, with Edamame |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Asian chicken, vegetable and noodle broth | Sweet Potato Bites with Guacamole, Sesame Spinach Balls, with Edamame | Spanakopita | Teriyaki Chicken or Seitan |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Melon and raspberries | Chicken or Tofu Satay with Charred Stir Fry Broccoli |
| **Thur** | Baked Beans on Toast | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Egg Sandwiches/Hummus and Chick Pea Sandwiches | Dried apple crisps and Skyr yoghurt | Vegetable Samosas with Egg Fried Rice and miso glazed aubergine |
| **Fri** | Greek Yoghurt with Granola and Berries | Chicory, Radicchio and Blood Orange Salad | n/a | Blueberry Flapjacks | Belazu Virtual Banquet |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Falafel/Mushroom Shwarma with Coleslaw, Israeli salad and Hummus | n/a | Blueberry Flapjacks | Leftovers |
| **Sun** | French Toast with Fresh Berries | Veggie Fry Up - mushroom, beans, egg, tomatoes, sausage | n/a | Spiced Apple compote with Greek Yoghurt | (Air fryer) Chicken (Tofu) Nuggets with (Air Fryer chips) #fakeaway |
| **Recipe available on my website Recipe in development** | | | |  |  |