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| **Weekly Meal Plan - November 9th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Lemon and Herb Crust Salmon with coleslaw and chicory and blood orange salad | Dried apple crisps and Greek Salad with Feta and Boiled Potato | Pears and/or carrot sticks | Aubergine, Peanut and Tamarind Curry (we are Food) |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Coronation Chicken Salad | Egg Sandwiches/Hummus and Chick Pea Sandwiches | Persimmon and/or tabbouleh with cottage cheese on crackers | Sushi with edamame and veg gyoza |
| **Wed** | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Poke Bowl | Sushi with edamame and veg gyoza | Apples and/or hummus with crudites | Cod (Tofu) Tacos with Pickled Red Onion, Carrot Slaw and Guacamole |
| **Thur** | Smoked Salmon on Sourdough with cucumber | Cod (Tofu) Tacos with Pickled Red Onion, Carrot Slaw and Guacamole | Cod (Tofu) Tacos with Pickled Red Onion, Carrot Slaw and Guacamole | Oranges and/or popcorn | Fake Duck (Turkey) Pancakes or Hoi sin mushroom Pancakes with cucumber and spring onion  & Spinach Balls |
| **Fri** | Greek Yoghurt with Granola and Berries | Fake Duck (Turkey) with cucumber and spring onion | Hoi sin mushroom Pancakes with cucumber and spring onion  & Spinach Balls | Skyr Yoghurt with raspberries | Nachos, Chicken (Black Bean) Fajitas, Banana, Peanut Butter Chocolate Bites |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Leftovers | 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 | Plums and/or blackberries | Chicken Noodle Soup, Chicken Balls, Beef Strudel, Roasted Garlic Cauliflower, Raspberry & Date Bars - Zoom Cook-a--Long - Join us! |
| **Recipe available on my website Recipe in development** | | | |  |  |