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| **Weekly Meal Plan - February 15th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Vietnamese Spring Rolls | Oranges, Pear or Banana | Berry Smoothie | Chinese Spring Rolls, Sweet and Sour Vegetable Noodles |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Pea Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | Blueberry Flapjacks | Kiwi and/or Apple Crisps | Herb and Lemon Crust Salmon with Broccoli, Red Onion and Pecan Salad |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Poke Bowl | Blueberry Flapjacks | Popcorn | Baked Chicken Nuggets with coleslaw and boiled potatoes |
| **Thur** | Baked Beans on Toast | That quartered tortilla thing everyone is doing with sundried tomato, spinach, hummus and avocado | Avocado on mixed seed crackers | Dried Apple crisps and Skyr yoghurt | Seabass with Lemon, Capers and Parsley |
| **Fri** | Greek Yoghurt with Granola and Berries | Sweetcorn Chicken (Tofu) Noodle Soup | Crudites with hummus | Black Bean Chocolate & Raspberry Brownies | Beef & Mushroom Pie or Mixed Bean and Thyme Pie with Hassleback potatoes & broccoli |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Veggie Fry up - sausages, eggs, mushrooms, beans and tomato | Apple & Honey Muffins | Black Bean Chocolate & Raspberry Brownies | Take Away |
| **Sun** | French Toast with Fresh Berries | Falafel with Hummus, coleslaw and Israeli salad | Apple & Honey Muffins | Spiced Apple compote with Greek Yoghurt | My 16 year old son to cook dinner - woohoo! |
| **Recipe available on my website Recipe in development** | | | |  |  |