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| **Weekly Meal Plan - February 22nd** |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Fried Egg on Sourdough | Jacket Potatoes with beans, sweetcorn and tuna or Brussels Sprouts, Spinach and Chestnut Salad with tuna & crackers | Oranges, Grapes or Banana | Berry Smoothie | Chinese Spring Rolls, Sweet and Sour Vegetable Noodles |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Chunky Vegetable Soup | Blueberry Flapjacks | Kiwi and/or Apple Crisps |  Turkey Schnitzel or Cauliflower with Roasted Butternut Squash, Spinach & Pomegranate Salad |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Caramelised Red Onion, Garlic & Thyme Tart | Blueberry Flapjacks | Popcorn | Black Bean Fajitas  |
| **Thur**  | Baked Beans on Toast | Poke Bowl | Garlic Mushrooms | Dried Apple crisps and Skyr yoghurt | Sushi & Spinach Balls |
| **Fri**  | Greek Yoghurt with Granola and Berries | Spanakopita and Greek Salad | Crudites with hummus | Banana and Chocolate Muffins | Roast Dinner cooked by my daughter |
| **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 | Vietnamese Spring Rolls | Apple & Honey Muffins | Spiced Apple compote with Greek Yoghurt | Bolognese and Veggie Bolognese |
| **Recipe available on my website Recipe in development** |   |   |