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| **Weekly Meal Plan - March 14th** |
|  | **Breakfast** | **Lunch** | **Vegan and non vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Fried Egg on Sourdough |  Brussels Sprouts, Spinach and Chestnut Salad with smoked mackerel pate & crackers | Hummus, crudites & crackers with mixed Bean Salad and passion fruit | Berry Smoothie, Oranges, Plums or Melon | Hot Soba Noodles in Mushroom Broth with Vegetable Spring Rolls |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Tuna Niçoise Salad with egg, tuna and boiled potatoes and roasted aubergine | Hot Soba Noodles in Mushroom Broth with Vegetable Spring Rolls and pineapple | Satsumas and/or Apple Crisps Blueberry Flapjacks | Salmon, Tuna and Yellowtail (or avocado & cucumber) Sushi with edamame and miso soup |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Poke Bowl | Salmon, Tuna & Yellowtail (or avocado & cucumber) Sushi with edamame & miso soup | Crispy Kale & Blueberry Flapjacks  | Baked Thai Seabass with pak choi, broccoli and rice |
| **Thur**  | Baked Beans on Toast | Fake Duck Pancakes with cucumber & Spring Onion  | Cajun Spiced Bean Balls with Hummus, coleslaw & Israeli Salad | Dried Apple crisps and Skyr yoghurt | Dinner cooked by my daughter |
| **Fri**  | Greek Yoghurt with Granola and Berries | Cajun Spiced Bean Balls with Hummus, coleslaw & Israeli Salad | n/a | Raspberry Flapjacks & Garlic Mushrooms | Italian Herb and Olive Chicken with Roast potatoes and green vegetables |
| **Sat**  | Breakfast Berry Pancakes with Yoghurt | Veggie Fry up - sausages, eggs, mushrooms, beans and tomato | n/a | Crudites with Hummus | Take Away |
| **Sun**  | French Toast with Fresh Berries | Spanakopita (freezer stash) and Greek Salad or leftovers | n/a | Spiced Apple compote with Greek Yoghurt | Vegetable Tagine with Chick Peas and Prunes - cooked by my son |
| **Recipe available on my website Recipe in development** |   |   |