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| **Weekly Meal Plan - March 8th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on  Sourdough | Jacket Potato with beans, sweetcorn and tuna  or Brussels Sprouts, Spinach and Chestnut Salad with smoked mackerel pate & crackers | Oranges, Grapes or Banana | Berry Smoothie | Vegetable Tagine with Chick Peas and Prunes |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Tuna Niçoise Salad with egg, tuna and boiled potatoes and roasted aubergine | Blueberry Flapjacks | Satsumas and/or Apple Crisps | Poached Salmon Noodles |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Vietnamese Spring Rolls | Blueberry Flapjacks | Crispy Kale | Black Bean or Chicken Fajitas |
| **Thur** | Baked Beans on Toast | Shakshuka | Garlic Mushrooms | Dried Apple crisps and Skyr yoghurt | Shwarma Chicken or Tofu with Hummus, Tabbouleh, Israeli Salad |
| **Fri** | Greek Yoghurt with Granola and Berries | Cajun Spiced Bean Balls with Hummus, Tabbouleh, Israeli Salad | Pineapple | Raspberry Flapjacks | Mustard, Ginger & Sesame Seed Chicken with Roast potatoes and green vegetables |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Veggie Fry up - sausages, eggs, mushrooms, beans and tomato | Apple & Honey Muffins | Crudites with Hummus | Take Away |
| **Sun** | French Toast with Fresh Berries | Spanakopita (freezer stash) and Greek Salad or leftovers | Apple & Honey Muffins | Spiced Apple compote with Greek Yoghurt | Chicken Tagine with Broccoli, Cashew and Red Onion Salad and Chocolate Bark |
| **Recipe available on my website Recipe in development** | | | |  |  |