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| **Weekly Meal Plan - Pesach - Sat 27th March pm - Sun 4th April pm with vegan options** | | | | | |
|  | **Breakfast\***\* vegan breakfast can anything vegan on matzo | **Lunch** | **Snack** | **Snack** | **Dinner  with option** |
| **Sat Seder night** | Fried egg on Sourdough Toast | Pea Soup | Yoghurt and berries | Oranges | Chicken Soup, Roast Chicken, Roast Potatoes, Roast Cauliflower, salad and Fruit salad Chunky Veg Soup & Vegan Shepherd's Pie |
| **Sun** | Matzo with smoked salmon, cucumber and tomatoes | Falafel with Hummus, pickles, Israeli Salad, Quinoa Tabbouleh and Coleslaw | Pineapple and mango | Banana & Blueberry Cake | Vegetable lasagne |
| **Mon** | Pancakes | Chicken Salad or Spicy Chick Pea Salad made with leftover chicken | Mango, pineapple and raspberries | Crisps or yoghurt and berries | Za'atar Chicken/Chick Peas with caramelised onions & garlic with Roast Cauliflower |
| **Tue** | Matzo with cottage cheese & Tabbouleh | Mushroom omelette with Broccoli, Red Onion & Pomegranate Salad | Roasted Cauliflower | Dried apple rings or an apple | Baked Cod Goujons with Israeli Salad, Quinoa Tabbouleh and Coleslaw and boiled potatoes or Vegan Shepherd's Pie |
| **Wed** | Smashed avocado on matzo with cherry tomatoes | Shakshuka | Fresh Oranges  or Caramelised bananas | Oma's Pesach Brownies | Nut crusted salmon with Broccoli, Red Onion & Pomegranate Salad (vegetable lasagne) |
| **Thur** | Pancakes with berries and yoghurt | Courgetti and Tomato Salad with with Poached Eggs | Guacamole and crudites or tuna on matzo | Bliss Balls with Ginger, Lime and Chilli | BBQ - Burgers, potato wedges, corn on the cob and salad BBQ Portobello Mushroom |
| **Fri** | Scrambled eggs on matzo with cherry tomatoes and cucumber | Falafel with Israeli Salad, Quinoa Tabbouleh and Coleslaw | Garlic mushrooms | Oma's Pesach Brownies | French Onion Soup, Roast Chicken, roast potatoes, Fruit salad Vegetable lasagne |
| **Sat** | Matzo with smoked salmon, cucumber and tomatoes | Poke bowl with cauliflower rice with salmon or spicy chick peas & edamame | Crispy Kale | Hummus with crudites | Chicken Balls with salad and Cajun Bean Balls |
| **Sun** | Matzo Brei | Leftovers | Egg and Veg brunch cups or avocado on matzo | Banana & Blueberry Cake | BBQ with PITTA!!!!! |
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| **Recipe available on my website - www.quickhealthyfamilymeals.com** | | | | | |