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| **Weekly Meal Plan - May 24th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on  Sourdough | Leftovers | Mushroom Pasta | Berry Smoothie and Garlic Mushrooms | Vegetable Spring Rolls, Sweet & Sour Cauliflower, Crispy Seaweed and Egg Fried Rice |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Mushroom Omelette with tabbouleh | Pitta with Butterbean Dip, crudites and popcorn | Cheesecake Pots | Salmon or Veg Sushi with cucumber, avocado - miso soup & edamame |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Poke Bowl | Salmon or Veg Sushi with cucumber, avocado - miso soup & edamame | Oranges or Strawberries | Cod Goujons with globe artichoke with garlic butter and coleslaw or Baked potatoes with beans & sweetcorn |
| **Thur** | Baked Beans on Toast | Salt Beef sandwiches | Hummus with pitta and crudites | Kiwi and Pineapple | Shwarma Chicken/Tofu with coleslaw, tabbouleh and pickled red onions |
| **Fri** | Greek Yoghurt with Granola and Berries | Hot charred cherry tomatoes with cold yoghurt and Roasted Aubergine with curried yoghurt (Ottolenghi) | Pasta with Sun-Blushed Rosemary Tomatoes | Spiced Pear compote with Greek Yoghurt | Chicken, Sweetcorn Noodle Soup, Crispy Kale, Egg Fried Rice, Sesame Chicken (Tofu) Toast, Sweet & Sour Cauliflower/Chicken, Sticky Sausages, Chocolate Bark & Fruit |
| **Sat** | Breakfast Pancakes with yoghurt & Berries | Falafel with Hummus, pickles, Israeli Salad & Coleslaw | | Garlic Mushrooms | Out for dinner |
| **Sun** | French Toast with berries | Shakshuka with pitta (butterbean) | | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** | | | |  |  |