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| **Weekly Meal Plan - May 31st** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Fried Egg on Sourdough | Mixed Bean Salad, Coleslaw and Broccoli & Red Onion Salad | 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 or Pitta with Butterbean Dip, crudites and popcorn | Cheesecake Pots | Chicken (Tofu) Shwarma with Hummus, pickles, Israeli Salad & Coleslaw |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Chicken (Tofu) Shwarma with Hummus, pickles, Israeli Salad & Coleslaw | Oranges or Strawberries | Cod Goujons with oregano braised fennel and lettuce & Pink Grapefruit Salad or Baked potatoes with beans & sweetcorn |
| **Thur**  | Baked Beans on Toast | Shakshuka | Kiwi and Pineapple | One Pot Shwarma Chicken (Butternut Squash) |
| **Fri**  | Greek Yoghurt with Granola and Berries | Hot charred cherry tomatoes with cold yoghurt and Roasted Aubergine with curried yoghurt (Ottolenghi) or Tomato, Mushroom Pasta | Spiced Pear compote with Greek Yoghurt | Vegan Birthday Take away (I'll feedback!)  |
| **Sat**  | Breakfast Pancakes with yoghurt & Berries | Falafel with Hummus, pickles, Israeli Salad & Coleslaw | Garlic Mushrooms | Out for dinner  |
| **Sun**  | French Toast with berries | Veggie Fry up - Sausages, eggs, mushrooms, garlic spinach, tomatoes & beans on toast  | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** |   |   |