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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** | | | |  |  |