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| **Weekly Meal Plan - June 14th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Egg on Sourdough | Pink Grapefruit Salad, Cauliflower & Tomato Salad and leftover meat from yesterday's BBQ  | Butterbean Dip with pitta, chickpeas and pineapple | Berry Smoothie and Garlic Mushrooms | Falafel with Hummus, pickles, Israeli Salad & Coleslaw |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Fattoush Salad with Harissa Spiced Chick Peas and a tahini yoghurt | Fattoush Salad with Harissa Spiced Chick Peas and a tahini yoghurt | Cheesecake Pots | Chicken (Tofu) Shwarma with Tabbouleh |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Stuffed Courgettes, Courgettes, thyme & walnut salad (Ottolenghi) | Mushroom Pasta with Sun-Blushed Rosemary Tomatoes | Oranges or Strawberries | Tzatziki Plaice with Greek Salad or Cauliflower Cheese |
| **Thur**  | Baked Beans on Toast | Poke Bowl | Cauliflower (cheese) | Kiwi and Pineapple | Salmon or Veg Sushi with cucumber, avocado - miso soup & edamame, Spinach Balls, Sweet & Sour Cauliflower |
| **Fri**  | Greek Yoghurt with Granola and Berries | Pea Soup with Smoked Mackerel Pate on Mixed Seed Crackers | Salmon or Veg Sushi with cucumber, avocado - miso soup & edamame  | Spiced Pear compote with Greek Yoghurt | Shwarma,(falafel) Hummus, pickles, Israeli Salad & ColeslawRhubarb and Apple Crumble |
| **Sat**  | Breakfast Pancakes with yoghurt & Berries | Shakshuka | Garlic Mushrooms | Out for dinner  |
| **Sun**  | French Toast with berries | Veggie Fry up - Sausages, eggs, mushrooms, garlic spinach, tomatoes & beans on toast  | Birthday Cake | Out for dinner for daughter's birthday |
| **Recipe available on my website Recipe in development Vegan Alternative** |   |   |