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| **Weekly Meal Plan - June 21st** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Scrambled Egg on  Sourdough | Fattoush Salad with Harissa Spiced Chick Peas and a tahini yoghurt | Hummus with pitta, crudites and grapes | Berry Smoothie and Garlic Mushrooms | Vegetable Samosas with raita and Salad |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Stuffed Courgettes, Courgettes, thyme & walnut salad (Ottolenghi) | Fattoush Salad with Harissa Spiced Chick Peas and a tahini yoghurt | 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 | Passion Fruit & Strawberries | Omelette, Bolognaise, Banana, Peanut Butter Banana Bites |
| **Thur** | Baked Beans on Toast | Dukkah crusted Butternut Squash with Freekeh salad | Creamy Cauliflower (cheese) (Freezer stash) | Grapes and Berries | Doro Wat (Ethiopian chicken dish and lentil version for vegan son) |
| **Fri** | Greek Yoghurt with Granola and Berries | Pea Soup with Smoked Mackerel Pate on Mixed Seed Crackers | Mushroom Pasta with Sun-Blushed Rosemary Tomatoes | Spiced Pear compote with Greek Yoghurt | Shawarma,(falafel) Hummus, pickles, Israeli Salad & Coleslaw Rhubarb 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 | | Black Bean Brownies | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** | | | |  |  |