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| **Weekly Meal Plan - June 28th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Egg on Sourdough | Stuffed Courgettes | Hummus with pitta, crudites and grapes | Berry Smoothie and Garlic Mushrooms | Vegetable Pad Thai |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Duck & Pomegranate Salad | Za'atar Chick Pea Salad  | Raspberry & Date Bars | 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 | Cod with Tomato Tapenade & Cauliflower Puree |
| **Thur**  | Baked Beans on Toast | Shakshuka | Creamy Cauliflower (cheese) (Freezer stash) | Grapes and Berries | Out at a 50th! Kids to have Baked Potato with beans, sweetcorn & coleslaw/cheese |
| **Fri**  | Greek Yoghurt with Granola and Berries | Omelette with Smoked Mackerel Pate on Mixed Seed Crackers | Mushroom Pasta with Sun-Blushed Rosemary Tomatoes | Raspberry & Date Bars  | One Pot Shwarma Chicken (Butternut Squash) with Fattoush Salad |
| **Sat**  | Breakfast Pancakes with yoghurt & Berries | Out for lunch - (Brother's Birthday)  | Garlic Mushrooms | Baked Chicken (tofu) Nuggets with Chips & ColeslawEuros Semi Final |
| **Sun**  | French Toast with berries | Veggie Fry up - Sausages, eggs, mushrooms, garlic spinach, tomatoes & beans on toast  | Black Bean Brownies | Out at friends |
| **Recipe available on my website Recipe in development Vegan Alternative** |   |   |