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| **Weekly Meal Plan - June 7th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Eggs on Sourdough | Falafel with Hummus, pickles, Israeli Salad & Coleslaw | Berry Smoothie and Garlic Mushrooms | Huevos Rancheros |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Hot charred cherry tomatoes with cold yoghurt and Roasted Aubergine with curried yoghurt (Ottolenghi)  | Nachos | 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  | Oranges or Strawberries | Tzatziki Plaice with Greek Salad or Baked potatoes with beans & sweetcorn |
| **Thur**  | Baked Beans on Toast | Mushroom Omelette with Tabbouleh & Fattoush Salad |  Tomato, Mushroom Pasta with Rosemary Sun-Blushed Tomatoes | Kiwi and Pineapple | Chicken/Black Bean Fajitas with caramelised Onion & pepper & guacamole |
| **Fri**  | Greek Yoghurt with Granola and Berries | Chicken (Tofu) Shwarma with Tabbouleh & Fattoush Salad | Spiced Pear compote with Greek Yoghurt | Out for dinner  |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Shakshuka | Garlic Mushrooms | Out for dinner  |
| **Sun**  | French Toast with Berries | BBQ for the footie! With Lettuce & Pink Grapefruit Salad and Roasted Aubergine & Garlic Salad and Dukkah Crusted Butternut with Rhubarb and Apple Crumble | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** |   |   |