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| **Weekly Meal Plan - Sept 20th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Scrambled Egg on  Sourdough | Falafel, Hummus, coleslaw, Pitta and Israeli Salad | Falafel, Hummus, Pitta and Israeli Salad | Berry Smoothie and Garlic Mushrooms | Black Bean Fajitas with guacamole and tomato salsa |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Vietnamese Spring Rolls | Black Bean Fajitas with guacamole and tomato salsa | Melon | Salmon or Veg Sushi with cucumber, avocado - miso soup & edamame |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Tuna Niçoise Salad | Poke Bowl with cucumber, avocado - miso soup & edamame | Greek Yoghurt with Granola and Berries | Tomato, Mushroom Pasta with Rosemary  Sun-Blushed Tomatoes |
| **Thur** | Baked Beans on Toast | Summery Tomato Salad with breadcrumb topping | Tomato, Mushroom Pasta with Rosemary  Sun-Blushed Tomatoes | Hummus in pitta pickled red onions | Tzatziki Plaice/ Mushrooms with Greek Salad and boiled potatoes |
| **Fri** | Greek Yoghurt with Granola and Berries | Greek Salad | Vietnamese Spring Rolls | Spiced Apple compote with Greek Yoghurt | One Pot Lemon Chicken with potatoes and Waldorf Salad with Quinoa and Red Onion, Broccoli & Cashew Salad and Baked Apples and Apple Crumble |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Shakshuka | | Raspberry & Date Bars | Out for dinner |
| **Sun** | French Toast with berries | Roasted Tomato & Pepper Soup with Basil Smash and leftovers | | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** | | | |  |  |