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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** |   |   |