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| **Weekly Meal Plan - Sept 27th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Egg on Sourdough | Black Bean Fajitas with guacamole and tomato salsa |  Tomato, Mushroom Pasta with Rosemary Sun-Blushed Tomatoes | Berry Smoothie and Garlic Mushrooms | Jacket potatoes with beans, cheese, coleslaw & sweetcorn |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Falafel, Hummus, coleslaw, Pitta and Israeli Salad | Black Bean Fajitas with guacamole and tomato salsa | Melon |  Tomato, Mushroom Pasta with Rosemary Sun-Blushed Tomatoes |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Summery Tomato Salad with breadcrumb topping | Summery Tomato Salad with breadcrumb topping | Greek Yoghurt with Granola and Berries | Poke Bowl  |
| **Thur**  | Baked Beans on Toast | Tuna Niçoise Salad | Poke Bowl  | Hummus in pitta pickled red onions | Cod Goujons with Coleslaw, potato wedges and Summery Tomato Salad |
| **Fri**  | Greek Yoghurt with Granola and Berries |  Greek Salad with Tzatziki Plaice  | Hummus pitta with crudites and apple crisps | Spiced Apple compote with Greek Yoghurt | Cornflake Chicken, Broccoli, Red Onion & Cashew Salad & Apple Crumble (Cookery lesson) Vegan option - freezer stash Veg Tagine |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Sushi and Chocolate Bark (Cookery Lesson) | Raspberry & Date Bars | Out for dinner  |
| **Sun**  | French Toast with berries | Shakshuka | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development**  |   |   |