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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** | | | |  |  |