|  |
| --- |
| **Weekly Meal Plan - Oct 11th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Egg on Sourdough | Falafel with Coleslaw and Israeli Salad | Tomato Pasta with mushroom and sundried tomatoes and Banana Rollups | Berry Smoothie and Garlic Mushrooms | Leek and Courgette Filo Pie with Broccoli and New Potatoes |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Leek and Courgette Filo Pie with Broccoli and New Potatoes | Hummus Sandwich with lettuce, tomato and cucumber and pears | Kiwi and Oranges | Spaghetti Bolognese or Vegan Bolognese |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Shakshuka with Aubergine, Mushrooms & Feta | Hummus Sandwich with lettuce, tomato and cucumber | Greek Yoghurt with Granola and Berries | Poke Bowl  |
| **Thur**  | Baked Beans on Toast | Tuna Niçoise Salad | Poke Bowl  | Apple Crisps | Cornflake Chicken with roasted New Potatoes and Peas (Vegan Freezer Stash Tagine) |
| **Fri**  | Greek Yoghurt with Granola and Berries | French Onion Soup with Smoked Mackerel Pate on Mixed Seed Crackers | n/a  | Spiced Apple compote with Greek Yoghurt | Chicken (Onion) Soup, Piccata Chicken (Tofu Chinese Lettuce Cups) Roasted Cauliflower, Broccoli and Apple Crumble |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Vietnamese Rolls and Miso Aubergine | Raspberry & Date Bars | Out for dinner  |
| **Sun**  | French Toast with berries | Out for Lunch  | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development**  |   |   |