|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** | | | |  |  |