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| **Weekly Meal Plan - Oct 18th** |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Scrambled Egg on Sourdough | Falafel with Coleslaw and Israeli Salad | Roasted Tomato and Pepper Soup with Hummus Pitta | 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 | Falafel with Coleslaw and Israeli Salad | Kiwi and Oranges | Salmon, avocado, cucumber Sushi with edamame, miso soup |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Poke Bowl  | Poke Bowl  | Greek Yoghurt with Granola and Berries | Tzatziki Plaice with Greek Salad and New potatoesVegan freezer stash - Veg Tagine |
| **Thur**  | Baked Beans on Toast | Tuna Niçoise Salad | Poke Bowl  | Apple Crisps | Pesto Chicken (or Tofu) Tray Bake with broccoli and cherry tomatoes |
| **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 Soup or French Onion Soup, Za'atar Chicken with caramelised Red Onion, Shwarma Cauliflower & Chick Peas, 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 | Veggie Fry up - eggs, beans, veggie sausages, mushrooms, spinach, tomato on toast | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development**  |   |   |