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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 potatoes Vegan 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** | | | |  |  |