|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weekly Meal Plan - Nov 29th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Scrambled Egg on  Sourdough | Falafel with Coleslaw and Israeli Salad | Chick Pea and Roasted Cauliflower Soup | Berry Smoothie and Garlic Mushrooms | Black Bean Fajitas with Guacamole and Caramelised Pepper & Onion |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Leftover Fajitas | Falafel with Coleslaw and Israeli Salad | Kiwi and  Oranges | Chicken Balls (Bean balls) with Braised Cabbage Wedges, Roasted New Potatoes |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Tuna Niçoise Salad or Brussels Sprouts and Chestnut Salad or Beetroot, Apple & Celery Salad |  | Greek Yoghurt with Granola and Berries | Sweetcorn and Spinach Fritters  (Cookery lesson) Vegetable Tagine Freezer Stash |
| **Thur** | Baked Beans on Toast | French Onion Soup with Smoked Mackerel Pate on Mixed Seed Crackers | Hummus and Salad Sandwich with Blueberry Flapjacks | Blueberry Flapjacks | Crispy Kale and Sweet and Sour Cauliflower with Stir Fry Tofu noodles, Duck/Turkey Pancake Rolls |
| **Fri** | Greek Yoghurt with Granola and Berries | Roasted Carrot, Parsnip & Feta Salad with Freekeh | n/a | Spiced Pear compote with Greek Yoghurt | Chicken Soup or French Onion Soup,  One Pot Lemon Chicken, Roasted Cabbage Wedges, Dukkah Crusted Butternut wedges and Apple Crumble |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Crispy Kale and Sweet and Sour Cauliflower with Stir Fry Tofu noodles, Duck/Turkey Pancake Rolls | | Raspberry & Date Bars | Out for dinner |
| **Sun** | French Toast with berries | Shakshuka with Aubergine & Feta | | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development** | | | |  |  |