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| **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**  |   |   |