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| **Weekly Meal Plan - Jan 10th**  |
|  | **Breakfast** | **Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Boiled Eggs on Sourdough | Lettuce & Pink Grapefruit Salad with Anna Jones' Capers, herb and egg flatbreads  | Satsumas or Berries with yoghurt | Vegetable & Chick Pea Tagine |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Black Bean Fajitas with guacamole & caramelised onions and peppers  | Banana or Apples | Poke Bowl  |
| **Wed**  | Cheese on Toast with tomato | Poke Bowl  | Greek Yoghurt with Granola and Berries | Mince filled roasted tomatoes with Braised Lemon & Garlic Greens |
| **Thur**  | Baked Beans on Toast | Minestrone Soup | Satsumas and Blueberries | Vegetable Chilli or Beef Chilli  |
| **Fri**  | Greek Yoghurt with Granola and Berries | Beetroot, Apple and Celery Salad, Tabbouleh, Hummus on Mixed Seed Crackers  | Grapes | Chicken Soup or Shwarma Chick Pea and Roasted Cauliflower SoupChicken or Vegetable Tagine with Moroccan Carrot & Chick Pea SaladApple Crumble with custard |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Lettuce & Leftovers Soup with Wholemeal Rolls | Crumble and custard | Out for dinner  |
| **Sun**  | Crepes with banana & berries | Vietnamese Spring Rolls  | Grapes and Banana | Leftovers |
| **Recipe available on my website Recipe in development**  |   |   |