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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 Soup Chicken or Vegetable Tagine with Moroccan Carrot & Chick Pea Salad Apple 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** | | |  |  |