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| **Weekly Meal Plan - Jan 17th** | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough | Vietnamese Spring Rolls | Satsumas or Berries with yoghurt | Thai Green Curry |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Vietnamese Spring Rolls | Banana or Apples | Salmon (or Cauliflower) Ceviche |
| **Wed** | Cheese on Toast with tomato | Roasted Tomato & Pepper Soup with Basil Smash and Mixed seed crackers with Hummus and/or Mixed Bean Salad | Greek Yoghurt with Granola and Berries | Lentil Shepherd's Pie |
| **Thur** | Baked Beans on Toast | Minestrone Soup | Satsumas and Blueberries | Vegetable Noodle Stir Fry with Cashews |
| **Fri** | Greek Yoghurt with Granola and Berries | Mushroom (Chicken) Puff Pie with Brussels Sprout & Chestnut salad | Grapes | Out for Dinner |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Roasted Tomato & Pepper Soup with Basil Smash and Mixed seed crackers with Hummus |  | Falafel, Shwarma Chicken, Israeli salad and Coleslaw |
| **Sun** | Crepes with banana & berries | Veggie Fry up | Grapes and Banana | Leftovers |
| **Recipe available on my website Recipe in development** | | |  |  |