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| **Weekly Meal Plan - Jan 24th** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough | Sushi | Veg Sushi | Satsumas or Berries with yoghurt | Vegetable Noodle Stir Fry with Cashews |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Mushroom Omelette | Mixed Bean Salad in pita with salad | Banana or Apples | Poke Bowl |
| **Wed** | Cheese on Toast with tomato | Huevos Rancheros | Poke Bowl | Greek Yoghurt with Granola and Berries | Dal Makhani/Chicken Tikka pieces/Edamame and Chick Pea Curry with naan |
| **Thur** | Baked Beans on Toast | Spinach, Coconut & Chilli Soup | Huevos Rancheros | Satsumas and Blueberries | Bolognaise veg or beef |
| **Fri** | Greek Yoghurt with Granola and Berries | Spinach, Coconut & Chilli Soup | n/a | Grapes | Globe Artichoke, Piccata Chicken, Roasted Parsnips & Potatoes & Sauteed Brussels Sprouts Carrot Cake |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Falafel, Shwarma Chicken, Hummus, Israeli Salad and Coleslaw | | Blueberry Flapjacks | Out for Dinner |
| **Sun** | Crepes with banana & berries | Vietnamese Spring Rolls | | Blueberry Flapjacks | Leftovers |
| **Recipe available on my website Recipe in development** | | |  |  |  |