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| **Weekly Meal Plan - Feb 21st** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough | Lettuce and Leftovers Soup with Tuna Mayo on mixed Seed Crackers | Lettuce and Leftovers Soup with Mixed Bean Salad on Mixed Seed Crackers | Satsumas or Berries with yoghurt | Mushroom, Spinach & Lentil Strudel with Fattoush Salad |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Lettuce and Leftovers Soup with Tuna Mayo on mixed Seed Crackers | Mixed Bean Salad in pita with salad and soup | Orange Segments and Mango | Poke Bowl |
| **Wed** | Cheese on Toast with tomato | Poke Bowl | Poke Bowl | Greek Yoghurt with Granola and Berries | Tzatziki Plaice with Greek Salad |
| **Thur** | Baked Beans on Toast | Minestrone Soup | Minestrone Soup | Satsumas and Blueberries | Leek, Sweetcorn & Filo Pie Stuffed Squash with Indian Rice & Veg |
| **Fri** | Greek Yoghurt with Granola and Berries | Mushroom Omelette | n/a | Grapes | Chicken Sweetcorn & Noodle Soup, Crispy Kale, Sesame Chicken Toast, Sweet & Sour Cauliflower & Chinese Chicken Wraps Carrot Cake & Chocolate Shards |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Falafel, Hummus, Israeli Salad and Coleslaw | | Blueberry Flapjacks | Out for Dinner |
| **Sun** | Crepes with Banana & Berries | Tomato & Onion Tarte Tatin with Israeli Salad | | Blueberry Flapjacks | Leftovers |
| **Recipe available on my website Recipe in development** | | |  |  |  |