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| **Weekly Meal Plan - March 7th**  |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Boiled Eggs on Sourdough | Chicken/Black Bean Fajitas (Cookery lesson) | Chicken/Black Bean Fajitas (Cookery lesson) | Satsumas or Berries with yoghurt | Sesame Chicken Toast, Sweet & Sour Cauliflower & Crispy Kale |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Chicken Satay skewers with Egg Fried Rice | 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 | Mushroom Shwarma, Israeli Salad, Hummus & Za'atar Cauliflower Traybake Cauliflower (cookery lesson)  |
| **Thur**  | Baked Beans on Toast | Mushroom Shwarma, Israeli Salad, Hummus & Za'atar Cauliflower Traybake Cauliflower (cookery lesson)  | Mushroom Shwarma, Israeli Salad, Hummus & Za'atar Cauliflower Traybake Cauliflower (cookery lesson)  | Satsumas and Blueberries | Jacket Potato with Beans, Tuna Mayo, Sweetcorn & Cheese |
| **Fri**  | Greek Yoghurt with Granola and Berries | Moroccan Carrot & Chick Pea Salad with Cous Cous | n/a  | Grapes | Chicken Soup, Roast Chicken, Roast Potatoes, Broccoli  & Chocolate Shards |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Shakshuka | Blueberry Flapjacks | Out for Dinner |
| **Sun**  | Crepes with Banana & Berries | Cornflake Chicken Sandwiches or Hummus in Pitta with salad | Blueberry Flapjacks | leftovers |
| **Recipe available on my website Recipe in development**  |  |   |   |