|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** | | |  |  |  |