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| **Weekly Meal Plan - April 25th** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough | Mushroom Omelette with Salad | Minestrone Soup | Apple Slices or Berries with yoghurt | Chicken or Tofu Tacos |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Chicken or Tofu Tacos | Tofu Tacos | Grapes and Mango | Poke Bowl |
| **Wed** | Cheese on Toast with tomato | Poke Bowl | Poke Bowl | Greek Yoghurt with Granola and Berries | Chicken or Mushroom Shwarma, Israeli Salad, Hummus (Cookery Lesson) |
| **Thur** | Baked Beans on Toast | Shakshuka | Mushroom Shwarma, Israeli Salad, Hummus | Banana and Blueberries | Tzatziki Plaice & Greek Salad or Baked Potato with Beans, Cheese & Coleslaw |
| **Fri** | Greek Yoghurt with Granola and Berries | Yuzu Salmon Stir Fry | n/a | Banana Fruit Rollups | Chicken Soup or Mushroom Soup Chicken or Vegetable Tagine with Moroccan Carrot & Chick Pea Salad Apple Crumble with custard |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Falafel with Coleslaw, Tabbouleh & Israeli Salad | | Blueberry Flapjacks | BBQ with friends |
| **Sun** | Crepes with Banana & Berries | Leftovers | | Blueberry Flapjacks | Chicken Balls, Summery Tomato Salad and Sesame Roasted Cabbage |
| **Recipe available on my website Recipe in development** | | |  |  |  |