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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 SoupChicken or Vegetable Tagine with Moroccan Carrot & Chick Pea SaladApple 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**  |  |   |   |