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| **Weekly Meal Plan - May 1st** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough with Asparagus Spears | Minestrone Soup | Minestrone Soup | Apple Slices or Berries with yoghurt | Chicken or Tofu Tacos |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Mushroom Omelette with Salad | Mixed Bean Salad in pitta with radish sprouts | Grapes and Mango | Tzatziki Plaice & Greek Salad or Baked Potato with Beans, Cheese & Coleslaw |
| **Wed** | Cheese on Toast with tomato | Chicken Vietnamese Rolls | Tofu Vietnamese Rolls | Greek Yoghurt with Granola and Berries | Egg Fried Rice, Crispy Seaweed, Sesame Chicken Toast, Sweet & Sour Cauliflower and Chicken (Tofu) Satay (Cookery Lesson) |
| **Thur** | Baked Beans on Toast | Leftovers from dinner | Leftovers from dinner | Air Fryer Smoky & Spicy Roasted Cauliflower | Poke Bowl |
| **Fri** | Greek Yoghurt with Granola and Berries | Poke Bowl | n/a | Banana Fruit Rollups | Chicken Soup or Mushroom Soup Piccata Chicken or Vegetable Lasagne (freezer stash) with Sesame Roasted Cabbage, Roast Potatoes & Parsnips Apple Crumble with custard |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Mushroom Noodle Broth | | Blueberry Flapjacks | Out for dinner |
| **Sun** | Crepes with Banana & Berries | Leftovers | | Blueberry Flapjacks | Chicken Balls or Spinach Balls, Broccoli, Red Onion & Cashew Salad and Miso Aubergine |
| **Recipe available on my website Recipe in development** | | |  |  |  |