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| **Weekly Meal Plan - May 23rd** |
|  | **Breakfast** | **Lunch** | **Vegan Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Boiled Eggs on Sourdough with Asparagus Spears | Chicken Vietnamese Rolls | Tofu Vietnamese Rolls | Apple Slices or Berries with yoghurt | Chicken (Tofu) Pad Thai (Cookery lesson) with Chocolate Brownies and Granola  |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Shwarma Chicken with Aubergine Salad & Israeli Salad in pitta | Mushroom Shwarma with Aubergine Salad & Israeli Salad in pitta | Greek Yoghurt with Granola and Berries | Poached Salmon Noodles |
| **Wed**  | Cheese on Toast with tomato | Tuna Salad | Mixed Bean Salad | Greek Yoghurt with Granola and Berries | Yuzu Salmon Stir Fry or Vegetable Noodle Stir Fry with Cashews |
| **Thur**  | Baked Beans on Toast | Mushroom Omelette | Chilli with rice & avocado | Air Fryer Smoky & Spicy Roasted Cauliflower | Poke Bowl  |
| **Fri**  | Greek Yoghurt with Granola and Berries | Pesto Courgetti Salad with poached egg | Pesto Courgetti Salad with Mixed Bean Salad | Garlic Mushrooms  | Chicken, Asparagus & Mushroom Pie with Roasted Butternut, Spinach & Pecan Salad Apple Puff Pie |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Fake Duck Pancakes | Chocolate Brownies | Out for dinner |
| **Sun**  | Crepes with Banana & Berries | Shakshuka with pitta | Chocolate Orange (Beetroot) Muffins  | Leftovers |
| **Recipe available on my website Recipe in development**  |  |   |   |