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| **Weekly Meal Plan - May 9th** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Packed Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough with Asparagus Spears | Chicken Vietnamese Rolls | Mixed Bean Salad in pitta with radish sprouts | Apple Slices or Berries with yoghurt | Herb & Lemon Crust Salmon with Israeli Salad (Tofu Vietnamese Rolls) Cookery Lesson |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Herb & Lemon Crust Salmon with Israeli Salad | Mixed Bean Salad in pitta with radish sprouts | Grapes and Mango | Cauliflower Cheese |
| **Wed** | Cheese on Toast with tomato | Mushroom Omelette | Tofu Vietnamese Rolls | Greek Yoghurt with Granola and Berries | Nachos, Chicken Caesar Salad, Peanut Butter Bites Cookery Lesson |
| **Thur** | Baked Beans on Toast | Chicken Caesar Salad | Nachos | Air Fryer Smoky & Spicy Roasted Cauliflower | Fake Duck Pancakes Chicken Tacos Chocolate Shards |
| **Fri** | Greek Yoghurt with Granola and Berries | Yuzu Salmon Stir Fry | n/a | Garlic Mushrooms with garlic rocket pesto | Chicken Soup or Mushroom Soup Piccata Chicken or Vegetable Lasagne (freezer stash) with Sesame Roasted Cabbage, Roast Potatoes & Parsnips Apple & Berry Crumble with custard |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Mushroom Noodle Broth | | Raspberry & Date Bars | Out for dinner |
| **Sun** | Crepes with Banana & Berries | Shakshuka with pitta | | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development** | | |  |  |  |