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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 PancakesChicken TacosChocolate Shards |
| **Fri**  | Greek Yoghurt with Granola and Berries | Yuzu Salmon Stir Fry | n/a | Garlic Mushrooms with garlic rocket pesto | Chicken Soup or Mushroom SoupPiccata Chicken or Vegetable Lasagne (freezer stash) with Sesame Roasted Cabbage, Roast Potatoes & ParsnipsApple & 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**  |  |   |   |