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| **Weekly Meal Plan - June 13th** |
|  | **Breakfast** | **Lunch** | **Vegan Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Boiled Eggs on Sourdough with Asparagus Spears | Broccoli salad, Pesto Courgetti Salad with Tuna Mayonnaise | Minestrone Soup | Apple Slices or Berries with yoghurt | Chicken or Tofu Tacos with Cabbage Slaw |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Chicken with Pickled Onions & Cabbage Slaw |  Tofu Tacos with Pickled Onions & Cabbage Slaw | Greek Yoghurt with Granola and Berries | Poke Bowl  |
| **Wed**  | Cheese on Toast with tomato | Poke Bowl | Poke Bowl  | Greek Yoghurt with Granola and Berries | Baked Potatoes with Beans, Cheese & Sweetcorn |
| **Thur**  | Baked Beans on Toast | Tuna Nicoise Salad | Chilli with rice & avocado | Greek Yoghurt with Granola and Berries | Italian Chicken with Olives & Mixed Herbs, Broccoli & Red Onion Salad & Roast Potatoes |
| **Fri**  | Greek Yoghurt with Granola and Berries | Italian Chicken with Olives & Mixed Herbs, Broccoli & Red Onion Salad & Roast Potatoes | Cauliflower & Spinach Dhal freezer Stash | Garlic Mushrooms  | Piccata Chicken, Vegan Oyster Mushroom Roasted Cauliflower & Dukkah Butternut SquashApple & Berry Crumble  |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Guacamole, hummus, crudites, Egg Mayo, Mixed Bean Salad, Tuna Mayo | Guacamole, hummus, crudites, Mixed Bean Salad | Raspberry & Date Bars | Out for dinner |
| **Sun**  | Crepes with Banana & Berries | Air Fryer Vegetable Spring Rolls | Raspberry & Date Bars | Cream Tea for Ellie's Birthday |
| **Recipe available on my website Recipe in development**  |  |   |   |