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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 Squash Apple & 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** | | |  |  |  |