|  |
| --- |
| **Weekly Meal Plan - June 6th** |
|  | **Breakfast** | **Lunch** | **Vegan Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Boiled Eggs on Sourdough with Asparagus Spears | Vietnamese Chicken Salad | Baked Potatoes with Beans, sweetcorn & salad | Apple Slices or Berries with yoghurt | Salmon Ramen or Cauliflower & Spinach Dhal with Naan |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Salmon Ramen  |  Cauliflower & Spinach Dhal with Naan | Greek Yoghurt with Granola and Berries | Shwarma Chicken or Mushroom with Aubergine Salad & Israeli Salad in pitta with pickled cucumbers |
| **Wed**  | Cheese on Toast with tomato | Shwarma Chicken with Aubergine Salad & Israeli Salad in pitta |  Mushroom Shwarma with Aubergine Salad & Israeli Salad in pitta | Greek Yoghurt with Granola and Berries | Yuzu Salmon Stir Fry or Vegetable Noodle Stir Fry with Cashews |
| **Thur**  | Baked Beans on Toast | Pesto Courgetti Salad with poached eggs  | Chilli with rice & avocado | Air Fryer Smoky & Spicy Roasted Cauliflower | Chicken or Black Bean Fajitas with Guacamole & Caramelised Pepper & Onion  |
| **Fri**  | Greek Yoghurt with Granola and Berries | Leftovers | Leftovers | Garlic Mushrooms  | Piccata Chicken, Vegan Oyster Mushroom Roasted Cauliflower & Dukkah Butternut SquashApple & Berry Crumble or StrudelStrawberry Chocolate Squares |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Vietnamese Chicken Salad or Vietnamese Spring Rolls | Chocolate Brownies | Out for dinner |
| **Sun**  | Crepes with Banana & Berries | Shakshuka with pitta and pickled cucumbers | Chocolate Brownies | Chicken Tacos and Chocolate & Banana Muffins (Cook a long) |
| **Recipe available on my website Recipe in development**  |  |   |   |