|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 Squash Apple & Berry Crumble or Strudel Strawberry 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** | | |  |  |  |