

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	wholemeal toast & lime jam	vegan mushroom carbonara	banana	Sausages, potato rosti, green veg and cranberry gravy
TUESDAY	crumpets, smoked salmon & scrambled egg	lentil soup	dairy free yoghurt	slow cooker chilli
WEDNESDAY	boiled eggs	vegan mac and cheese	apple and peanut butter	cod wrapped in bacon
THURSDAY	sausage and egg muffin	tomato soup	rice cakes	slow cooker cowboy beans
FRIDAY	mushrooms on toast	vegan ravioli	apple	no cook Friday
SATURDAY				
SUNDAY				