



Date:14th-18th January

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pear & cardamom porridge	Kiwi & passionfruit coconut chia pudding	Scrambled egg, pepper & tomato breakfast burrito	Blood orange and seeded vanilla yoghurt on toast	Beans on toast with avocado
Morning Snack	Kale pesto hummus, rice cakes	Jerusalem artichoke dip & breadsticks	Orange & kiwi	Avocado slices	Pineapple fingers
Lunch	Aioli chickpea & cucumber sandwiches w  tomato	Chicken, squash & black bean quesadilla, pineapple salsa	Code, spinach, pea & brussel spiced kedgeree	Tomato, sweetcorn & salmon pasta bake with lettuce & cucumber salad	Beetroot, tomato & chickpea stew with quinoa
Smoothie	Mango cucumber ginger mint, flaxseed smoothie	Pineapple pear celery avocado, pumpkin seeds smoothie	Mango carrot turmeric coconut, sunflower seeds smoothie	Beetroot banana ginger apple lemon, chia seeds smoothie	Banana avocado berry vanilla, maca smoothie
Afternoon Snack	Bananas	Apple & cinnamon rice pudding	Sticks of apple & cheese	Clementines	Chia pear & ginger jam on rice cakes
Dinner	Beetroot pesto spaghetti, parmesan & peas	Cheesy leek, greens, bean & celeriac mash with mushroom gravy	Mushroom & lentil risotto with chives & parmesan	Brussel sprout fritters, parsnip chips, tomato sauce	Cauliflower soup with cheese & leek toasts