



Date 18th-22nd March

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Carrot cake porridge with fresh apple & yoghurt	Wholemeal pancakes, kiwi & yoghurt	Soft boiled egg with kale & cheese on toast	Vanilla yoghurt & berries on crumpets	Basil, broccoli & cheese pittas with cherry tomatoes
Morning Snack	Rocket pesto hummus, cucumber & bread sticks	Red pepper dip with crunchy green beans & rice cakes	Pear & cheese oatcakes	Tomato, ricotta & basil rice cakes	Sliced banana, tahini & bread
Lunch	Sweet potato, red pepper, carrot, chickpea stew with bulgar wheat & yoghurt	Cod, coconut, squash, tomato & black eyed bean curry with basmati rice	Chichen, cheesy curried carrot & lentil quesadillas w peas	Salmon, crushed pesto peas & potatoes w pastry fingers +creme fraiche	Curried parsnip soup, broccoli & bread
Smoothie	Mango, yellow pepper ginger mint, flaxseed smoothie	Pineapple kiwi pear celery avocado pumpkin seed smoothie	Mango carrot, orange turmeric coconut, sunflower seed smoothie	Beetroot banana ginger apple lemon, chia seeds smoothie	Banana oat berry courgette vanilla, maca smoothie
Afternoon Snack	Bananas	Clementines	Pineapple	Apples	Pears
Dinner	Asparagus & pea pearl barley risotto, lettuce, celery, cucumber salad with basil dressing	Mexican bean & quinoa soup with smoked cheese tortilla strips & sour cream	Polenta with pesto roasted veg & tofu	Green lentil dal with mushroom rice & paneer	Gnocchi, creamy red pesto & chickpea bake parmesan asparagus