



Date: 2nd - 6th September

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Vanilla and chia seed porridge with banana	Scrambled egg and mushrooms on toast	Banana pancakes with apricot and coconut yoghurt	Raspberries and ricotta on toast	Crumpets and cacao banana spread with berries
Morning Snack	Guacamole with tortilla bread	Black bean hummus with breadsticks	Rocket and pesto pitta strips	Tomato, mozzarella, cucumber and oatcakes	Mango and orange yoghurt on rice cakes
Lunch	Leek macaroni cheese with sautéed smoked paprika beans	Tomato, pepper and butterbean stew with turmeric rice and cod	Aubergine, chickpea tomato and mozzarella toasted sandwich	Spinach pancakes with cheesy vegetables and salmon	Courgette, leek and potato frittata with chicken
Smoothie	Strawberry, raspberry, vanilla plant milk and oat flakes	Mango, carrot, turmeric, coconut and sunflower seed	Pineapple kiwi pear celery avocado and pumpkin seeds	Beetroot, banana, ginger, apple, lemon and chia seeds	Banana, dates cacao, tahini, and sunflower seeds
Afternoon Snack	Apples	Fruit salad	Melon	Nectarines	Banana
Dinner	Moroccan stew with couscous	Courgette and cream cheese soup with bread	Vegetable curry with basmati rice	Pesto spaghetti with parmesan cheese	Ratatouille risotto