



Date: 23rd - 27th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chia and oat porridge with apple and yoghurt	Orange pancakes with kiwi yoghurt	Crumpets topped with strawberries and crème fraîche	Asparagus omelette with bread strips	Blueberry, apple, vanilla and chia seed bircher
Morning Snack	Red pepper dip with oatcakes	Rocket and pesto mini sandwiches	Beetroot hummus with cucumber and bread sticks	Cheese and rosemary pita strips	Rice cakes with tomato, ricotta and basil
Lunch	Spinach pancakes with vegetables, tomato sauce and salmon	Asparagus and pea risotto with mozzarella	Sweet potato and chickpea stew with herby bulgar wheat and cod	Pea, spring onion and broccoli fried noodles with chicken	Red pesto pasta with spinach and avocado salad and a lime dressing
Smoothie	Beetroot, banana, ginger, apple, lemon and chia seeds	Banana, oat, berry, orange and vanilla	Mango, yellow pepper, ginger and mint	Pineapple, kiwi, pear, celery, avocado and pumpkin seeds	Mango, carrot, orange, turmeric, coconut and sunflower seeds
Afternoon Snack	Mango yoghurt and banana slices	Pineapple slices with crème fraîche	Pear compote with greek yoghurt	Blood orange slices with berries	Clementine with seeded coconut yoghurt
Dinner	Curried parsnip soup with bread	Spiced black bean tacos and smashed avocado	Vegetable paella with garlic peas	Baked new potatoes, white beans and parmesan with sautéed spinach	Salmon, courgette and pepper pizza