



Date: 14th - 18th September

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Vanilla and chia seed porridge with banana	Mango and blackberry bircher	Crumpets with cacao and banana spread with berries	Apple pancakes with grape yoghurt	Scrambled egg and mushrooms on English muffins
Morning Snack	Rocket pesto pita strips	Tomato, mozzarella, cucumber and oatcakes	Beetroot borani with dill, feta cheese and bread strips	Babaganoush with pomegranate and rice cakes	Butterbean hummus with celery and breadsticks
Lunch	Piperrada haricot beans and cod	Butternut squash and red lentil quesadilla	Courgette, leek and potato frittata with chicken	Ratatouille risotto with sweetcorn and peas	Macaroni cheese with baked dill salmon
Smoothie	Pineapple, kiwi, pear, celery, avocado and pumpkin seeds	Beetroot, banana, ginger, apple, lemon and chia seeds	Banana, dates, cacao, tahini and sunflower seeds	Strawberry, raspberry, vanilla and oat flakes	Mango, carrot, turmeric, coconut and sunflower seeds
Afternoon Snack	Sautéed banana with berry sauce	Baked plums in orange and cinnamon	Melon and watermelon slices	Pear, celery and cheese strips	Peach and grape fruit salad
Dinner	Sweet potato stew with herby quinoa	Salmon and tomato spaghetti with parmesan and French bean salad	Palak paneer with basmati rice	Chickpea and apricot tagine with couscous	Courgette, pea and cream cheese soup with bread