

January wk 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(you don't need to have something different each day)</i>	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Mushroom omelette with grilled or fried tomatoes.	Homemade Granola and milk replacement.	Poached egg on a piece of poached smoked haddock with a pile of rocket and a tomato.	Fruit salad, sprinkled with nuts and seeds and cinnamon.	Scrambled eggs, bacon, mushrooms, tomatoes.	Oat pancakes , bananas and coconut.
Lunch	Leek & potato soup. Rocket and grated carrot salad dressed with olive oil.	Winter salad (<i>equal amounts of red and green cabbage sliced, 1 large carrot grated, handful walnuts broken up, few raisins</i>) dressed with walnut oil, red wine vinegar and a dab of mustard.	Mackerel with winter coleslaw and large salad.	Spicy red lentil soup with bacon 'croutons' . Oat cakes.	Homemade baked beans in a jacket potato. Big pile of rocket and watercress salad dressed with oil.	Homemade burgers (<i>fine onion, garlic, smoky paprika and salt - squished together into patties</i>) Large mixed avocado salad.	Roast dinner of choice. No potatoes but piles of vegetables. Family friendly dessert. <i>optional</i>
Dinner	Roast chicken legs, roasted veg (<i>Brussel sprouts, chestnuts, shallots, celery, mushrooms and garlic - cooked in coconut oil or duck/goose fat</i>)	Bolognese sauce served on a bed of flash fried kale and onions dashed in Tamari sauce.	H/M burgers, parsnip chips, sautéed Brussel sprouts and mushrooms. Baked tomatoes seasoned with herbs.	Sea Bass on a bed of stir-fried vegetables.	Gluten free sausage casserole (<i>Debbie & Andrew's, Black Pig Farmer</i>) with squash and green vegetables.	Homemade curry of choice (not a jar sauce) Homemade onion bhajis OR rice.	Baked potato with tuna and large green salad. Family friendly cake. <i>optional</i>
Snacks if hungry	Apple and Almonds. Hummus and cucumber.	Pear and walnuts. Cold meat and tomatoes.	Sliced blood oranges, raisins and Brazil nuts.	Nakd bar. Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Oat cakes and peanut butter. Oatcakes and guacamole.	Pudding, cakes and snacks? I don't think so! :-)

Seasonal foods this month: venison, sea bass, goose, wild mushrooms, sprouts, kale, cabbage, leeks, chestnuts, swede, turnips, pears, satsumas, forced rhubarb, Brazil nuts...