

January wk 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (you don't need to have something different each day)	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	Mushroom soup. Rocket, avocado and cherry tomato salad, dressed with oil and lemon. Sprinkled with mixed seeds.	Rice salad made with chopped spring onions, defrosted peas, cubed red pepper, raisins, chopped parsley and grated carrot. Dressed with oil and lemon.	Cold slice of Spanish omelette (made with sliced potatoes, sliced onions and parsley) Served with olives and cherry tomatoes.	Jacket potato with tuna and sweetcorn with a dab of mayonnaise. Fruit salad and nuts.	Mixed bean soup, oat cakes and carrot sticks.	Cold meats, antipasto, cucumber & carrot sticks, hummus - a veritable smorgasbord of things to choose! Corn, rice or oat cakes. Fruit to follow.	Roast dinner of choice. No potatoes but piles of vegetables. Stewed rhubarb with orange and raisins (sweetened with xylitol) served with full fat, natural yoghurt.
Dinner	Grilled pork loin chop with homemade (unsweetened) apple sauce, kale, mashed swede and carrots.	Meat loaf served with onion sauce. Roasted Brussel sprouts and shallots with pan fried leeks.	Vietnamese River Cobbler (<i>really lovely fish from Tesco or Sainsbury</i>) dusted in gram flour and pan fried. Homemade oven chips and peas.	Three bean chilli - served with rice and watercress, rocket, walnut and satsuma salad.	Baked salmon & tomato served with steamed cauliflower, pan fried cabbage and carrots.	Shepherds Pie using mashed butternut squash as a topping. Piles of cabbage or kale.	Wheat free quiche and salad. On-plan carrot cake!
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.	Veg sticks and hummus or salsa or guacamole.	

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