

January wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choose from any of the breakfast options over the past two weeks.						
Lunch	Spicy Squash Soup with crispy onion ring croutons. Handful of nuts and figs.	Chick pea curry. Carrot bhaji.	Spinach omelette and large salad.	Scotch Broth Oat cakes	Goats cheese salad with olives, marinated peppers and artichokes.	Leek soup <i>Oat cakes, goats cheese & grapes</i>	National Potato Day Jacket spud Tuna & sweetcorn or chilli or baked beans or hummus
Dinner	Homemade salmon fishcakes. Parsnip 'chips' (roasted parsnips) Peas & brocolli	Gilled lamb chops on ratatouille with steamed curly kale.	Mixed mushroom and ham ends risotto. <i>(ask at the deli counter for the ham off-cuts, cheaper, chunkier and mixed flavours)</i>	Roasted Sea Bass cooked with tomatoes, shallots, peppers, garlic. Sautéed potatoes Steamed cabbage	Family friendly & on-plan curry. Lentil dahl.	Burns Night Dinner Baked haggis Mashed swede & carrots Buttered leeks. On-plan Cranachan <i>Layer toasted oats with dollops of natural yoghurt, a teaspoon of honey & raspberries.</i>	National Potato Day Homemade fish and chip supper. <i>Shallow-fry fish and dust with beaten egg and gram flour or ground almonds.</i> Chips cooked in coconut oil or goose fat. Peas
Snacks if hungry	Sliced oranges and nuts and raisins. Hummus and apple.	Pear and walnuts. Peanut butter on celery sticks.	Nakd bar. Guacamole and corn cakes.	Crudités and salsa dip. Piece of fruit	Olives Pomegranate	Oat cakes and peanut butter. Smoothie	Fruit salad with slivered nuts and yoghurt.

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