

February wk 1	Monday	Tuesday	Wednesday	Thursday	Valentine's Day	Saturday	Sunday
<b>Breakfast</b>	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Grilled smoked mackerel fillet with grilled tomatoes.	<a href="#">Homemade Granola</a> and milk replacement.	Fruit salad, sprinkled with nuts and seeds and cinnamon.	Poached egg on a piece of poached smoked haddock with a pile of rocket and a tomato.	Scrambled eggs, bacon, mushrooms, tomatoes.	<a href="#">Oat pancakes</a> , bananas and coconut.
<b>Lunch</b>	Chunky cream of turkey and leek soup.  <i>Using coconut cream or milk from a tin will add a lovely creaminess to a simple turkey and leek soup.</i>	As much salad as you can bear...(I love salad) add in something like cold meat, eggs, tuna avocado. Drizzle with olive oil and lemon juice and chuck over some mixed seeds.	<a href="#">Tuna &amp; Sweetcorn soup.</a>  Oat cakes.	Cold cooked 'speedy sausages', winter coleslaw and large salad.	Big pile of rocket and watercress salad dressed with oil.  With feta cheese and avocado and seeds.	Roasted chicken drumsticks dusted with curry powder.  Large mixed salad include lightly steamed cauliflower or broccoli.	<a href="#">Nigella Lawson Hot &amp; Soup Soup</a>  Fruit salad and nuts and seeds.
<b>Dinner</b>	Gammon steak with mashed potatoes, peas, stir-fried leeks, mushrooms, shallots and garlic.	Pinto bean chilli con carne.  Serve with a huge pile of very thinly sliced cabbage stir-fried in coconut oil sprinkled with poppy seeds.	Pork, mustard and apple burgers, parsnip chips, sautéed Brussel sprouts. Baked cherry tomatoes.  <i>Cook your 'chips' and Brussels in coconut oil.</i>	Cottage Pie topped with mashed sweet potato Quick fried Brussel sprouts	<a href="#">Valentine's Meal</a>  Baked beef tomato topped with melting goats cheese.  <a href="#">Sea Bass and chorizo.</a>  <a href="#">Zesty Lemon Pud</a>	Homemade curry of choice (not a jar sauce)  <a href="#">Homemade bhajis</a> OR rice.	Roast dinner of choice. No potatoes but piles of vegetables.  <a href="#">Family Friendly Rhubarb Crumble</a> optional
<b>nacks if hungry</b>	Apple and almonds. Hummus and apple.	Munchy Seeds Grapes and hazelnuts	Sliced blood oranges, raisins and Brazil nuts.	<a href="#">Nakd bar.</a> Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Rice cakes and peanut butter. Oatcakes and guacamole.	

Seasonal foods this month: **Going out of season** cabbage, cauliflower, forced rhubarb, goose, Jerusalem artichokes, parsnips, swede, purple sprouting broccoli. **Still in or coming into season** mussels, oysters, sea bass, venison, leek, blood orange, clams, cockles, Brussel sprouts, celeriac, kale, main crop spuds, salsify, mackerel.