

February wk 4	Monday	Shrove Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(you don't need to have something different each day, this is for info!)</i>	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Grilled smoked mackerel fillet with grilled tomatoes.	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.	Homemade Granola and milk replacement.	Scrambled eggs, bacon, mushrooms, tomatoes.	Oat pancakes , bananas and coconut.
Lunch	Spicy lentil soup . Side salad with olives and chunks of cold gammon or ham.	Spinach and mushroom stuffed omelette.	Packed lunch salad of mixed leaves, cherry tomatoes, chunks of cucumber, spring onions, peppers, carrots, cold new potatoes, cold speedy sausages.	Curried parsnip soup. Avocado salad.	As much salad as you can bear...add in something like cold meat, eggs, tuna avocado. Drizzle with olive oil and lemon juice and chuck over some mixed seeds.	Baked potato with homemade baked beans .	Ham, egg and homemade chips. Grilled tomato and peas.
Dinner	Chicken stir fry. Use beansprouts instead of rice noodles and Tamari instead of soy sauce.	Baked lemon sole Steamed new potatoes (do a few extra for tomorrow's lunch) purple sprouting broccoli, carrots Gluten free pancakes	Spaghetti bolognese with gluten free pasta and side salad of sliced tomato, avocado and spring onions.	Pork loin chops or gammon steaks. Roast vegetables.	Meatballs in spicy tomato sauce. Mashed sweet potatoes with butter and black pepper. Cauliflower & peas	Family favourite curry (bumped up with lots of veg) with optional rice or bhajjis .	Shepherd's Pie with pile of steamed kale and buttered leeks.
Snacks if hungry	Apple and almonds. Hummus and apple.	Munchy Seeds Celery and sugar free nut butter.	Sliced oranges, raisins and Brazil nuts.	Nakd bar . Crudité and salsa dip.	Olives Apricots and pumpkin seeds.	Rice cakes and sliced banana. Oatcakes and guacamole.	Pineapple & kiwi fruit salad with desiccated coconut & slice almonds.

Seasonal foods this month: cauliflower, celeriac, kale, leeks, purple sprouting broccoli, parsnips, spinach spring onions, swede, sweet potatoes. Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, rhubarb. Dover sole, hake, langoustine, lemon sole, mussels, oysters, red mullet, salmon, shrimp, whitebait.