

March wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled eggs, smoked salmon, watercress, rocket and cherry tomato salad.	'Thickie' a smoothie made with banana, milk substitute, fruit of choice and a tablespoon of ground almonds or oats.	Homemade Granola and milk replacement.	Unsweetened nut butter on rice cakes with a banana sliced on top.	Boiled eggs with asparagus soldiers.	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Oat pancakes , blueberries and a dollop of full fat, live yoghurt.
Lunch	Left over roast meat from Sunday with salad, coleslaw, sautéed potatoes.	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.	Cold ham, poached egg on slice of rye bread or bed of wilted spinach, tomatoes.	Tuna & Sweetcorn soup . Salad with mixed seeds, olives and doused with olive oil and lemon.	Greek Salad. Feta cheese, olives, lots of leaves, cucumber, cherry tomatoes.	Ham & mushroom omelette. Oat cakes	Spicy Lentil soup Crispy bacon if wished.
Dinner	Boiled ham (keep the stock if you like making soups) use the leftovers for lunches. Sweet potato wedges. Stir-fried spring greens, Tamari & sesame seeds.	Poached smoked haddock. Wilted spinach in garlic butter. Steamed carrots, baby sweetcorn and leeks.	Chicken legs dusted in curry powder. Roasted on top of a tray of mixed vegetables. 1 pan, limited prep. Easy.	Lamb curry Red lentil dahl Sliced orange, kiwi and raisins.	Sausages (gluten free, high meat percentage 85%+) and squash casserole . Purple sprouting broccoli.	Meat balls in tomato sauce with gluten free spaghetti. Side salad.	Beef ghoulish* Mashed celeriac Butter fried leeks. *use yoghurt rather than sour cream.
Snacks if hungry	Apple and almonds. Home-made almond butter on sliced apple.	Munchy Seeds Cold cooked meat and cherry toms.	Sliced blood oranges. Brazil nut stuffed medjool dates.	Nakd bar . Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Celery and peanut butter. Guacamole and 'crackers'	Carrot Cake

Seasonal foods this month: **Still in or coming into season** mussels, oysters, sea bass, venison, leek, blood orange, kiwi, lemons, clams, cockles, purple sprouting broccoli, celeriac, kale, main crop spuds, salsify, lemon sole, white bait, sardines, mackerel.