

April wk 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <i>(you don't need to have something different each day, this is for info!)</i>	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.	<a href="#">Homemade Granola</a> 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.	<a href="#">Oat pancakes</a> , blueberries and a dollop of full fat, live yoghurt.
<b>Lunch</b>	Spinach soup  Oat cakes  Cold meat & pepper sticks.	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.	Packed lunch  Cold chicken. Cherry tomatoes Cucumber sticks Pepper sticks  Apricots and a handful pistachios in shells.	Smoked salmon Oat cakes Tomatoes Cucumber Rocket	Baked potato with hummus and salad.	Spinach and bacon omelette  Salad with mixed seeds.	Gluten free sausages <a href="#">Homemade beans</a> Sweet potato wedges
<b>Dinner</b>	Shepherd's pie topped with mashed celariac.  Steamed spring greens by the plateful!	Roast chicken legs dusted with gluten free curry powder. (cook a few extra for lunch)  <a href="#">Served on red lentil dahl.</a>  Wilted spinach.	Home made risotto without cheese.  Large mixed salad. And/or  Steamed purple sprouting broccoli.	Lamb chops Steamed new potatoes Ratatouille Asparagus	Homemade curry of choice.  Vegetables dahl or curry to accompany.	Home made 'pizza'.  <a href="#">Make your own bases</a> and top with your choice. Choose only 'raw' (unpasteurised) cheese products.	Roast dinner of your choice  Roast vegetables but no potatoes.  Tropical fruit salad of pineapple, mango and banana topped with desiccated coconut
<b>Snacks if hungry</b>	Apple and almonds. Home-made almond butter on sliced apple.	Munchy Seeds Cold cooked meat and cherry toms.	Cup of watercress soup. Brazil nut stuffed medjool dates.	<a href="#">Nakd bar.</a> Crudités and salsa dip.	Olives Apricots and raisins and almonds.	Celery and peanut butter. Guacamole and <a href="#">'crackers'</a>	

Seasonal foods this month: **Still in or coming into season.** Apricots, gooseberries, asparagus, cauliflower, celeriac, lambs lettuce, new potatoes, purple sprouting broccoli, sorrel, spinach, spring greens, watercress, lamb, cod, crab, halibut and salmon.