

April wk 2	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="#">Home made Granola</a> and milk replacement.	Unsweetened nut butter on rice cakes with nut butter & a banana sliced on top.	Boiled eggs with asparagus soldiers.	Gluten free 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>	Leafy tuna salad with olives, cherry tomatoes, cucumber cubes, celery and a nice lemony dressing.	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.	Prawn and egg salad.  Dressed with olive or avocado oil.	Baked potato, left over sausage casserole.  Side salad.	Cob salad: iceberg lettuce, sliced egg, cooked chicken, tomato, cold bacon & avocado.  Black pepper and dressing.	Home made burger: <i>quality mince, egg, ½ finely sliced onion, 2 tablespoon ground almonds, 1 tablespoon harrisa. Squidge together, form into shape and dry fry or bake.</i> Tomato salsa & avocado	Home made soup of choice.  Rice cakes and cold meat.  Cucumber, tomatoes, pepper sticks.
<b>Dinner</b>	Roasted chicken legs, rubbed with harissa. Steamed new potatoes with butter. Purple sprouting broccoli and baby corn.	Home made curry of choice.  Vegetables dahl or curry to accompany.	Gluten free sausage casserole.  Rice  Cauliflower and broccoli.	<a href="#">Indian spiced fish cakes</a> * use a gluten free flour in this recipe.  Serve with salad and sliced mango.	<a href="#">Steak with pizzaiola sauce.</a> New potatoes, asparagus and grilled tomato.	<a href="#">Trout with almonds &amp; red pepper</a>  Steamed beans and carrots and cauliflower.	Roast dinner of your choice  Roast vegetables but no potatoes.  <a href="#">On plan flapjack</a>
<b>Snacks if hungry</b>	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.