

April/May wk 4	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.	Blueberry omelette	Boiled eggs with asparagus soldiers.	Gluten free 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	Tuna & Sweetcorn soup Gluten free oat cakes or rice cakes. Side salad	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.	Salad with harboiled eggs and cold new potatoes.	Three bean chilli and rice and side salad.	Chicken and sweetcorn salad.	Chicken stir fry with piles of vegetables including bean sprouts.	Spicy lentil soup Rocket, watercress and tomato salad.
Dinner	Gammon steak Sweet potato wedges Baked tomato Peas	Homemade lamb and mint burgers. Steamed new potatoes (few extra for tomorrow) Steamed green vegetables.	Fish pie topped with sweet potato mash. Asparagus and peas.	Greek salad with olives and feta cheese.	Homemade curry of choice. Rice or dahl not both.	Gluten free pasta with pesto. Quick fried turkey breast steaks. Broccoli	Roast dinner ? Barbeque? Favourite family on plan meal! :-)
Snacks if hungry	Home-made almond butter on sliced apple.	Avocado with cherry tomatoes.	Hummus and raw veg sticks.	Nakd bar . Crudités and salsa dip.	Olives Apricots and raisins and almonds.	Celery and peanut butter. Guacamole and 'crackers'	'Ice Cream / Smoothie'

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