

May wk 1	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.	Hard boiled eggs. Tomatoes Large handful rocket.	Porridge made with milk replacement or water cooked with dried fruit. Sprinkle with cinnamon.	Gluten-free pancakes blueberries and a dollop of full fat, live yoghurt.
Lunch	Large brightly coloured salad with asparagus spears, parma ham and olives.	Sliced avocado with sliced tomatoes, black olives and cucumber cubes,. Drizzle with olive oil, salt and pepper	Cold new potatoes and tinned tuna on a large leafy salad.	Tomato Soup Oat cakes Cold meat Strawberries	Baked sweet potato with coleslaw and salad.	Griddled chicken thighs dusted with harrisa spice. Salad with mixed seeds.	Homemade beans Scrambled eggs Grilled tomatoes Buttered mushrooms.
Dinner	Grilled smoked, peppered mackerel on a large bed of coconut oil stir-fried green vegetables of your choice.	Baked salmon Steamed new potatoes (cook extra for tomorrow) Coloured veggies of your choosing.	Minute steak and veg rich stir-fry seasoned with tamari, lemon juice and Chinese Five Spice.	Chilli mince with mixed beans. Serve on cauliflower 'rice'.	Homemade curry of choice. Onion bhajjis	Family favourite meal of your choice.	Roast dinner of your choice Roast vegetables and coconut oil roasted potatoes.
Snacks if hungry	Apple and almonds. Home-made almond butter on sliced apple.	Munchy Seeds Cold cooked meat and cherry toms.	Cup of H/M soup. Brazil nut stuffed medjool dates x 3.	Nakd bar. Crudités and salsa dip.	Olives Apricots and raisins and almonds.	Celery and peanut butter. Guacamole and 'crackers'	

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.