

June wk 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <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.	Homemade Granola and milk replacement.	Berries and granola with milk alternative or dollop of full fat, natural yoghurt.	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	Rice salad. Watercress and rocket. Cherry tomatoes. Cucumber. Oil and lemon dressing.	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.	Greek Salad with feta, olives, tomatoes and cucumber. Olive oil dressing.	Baked potato with tuna and sweetcorn, salad.	Avocado salad with mixed seeds and blueberries sprinkled on top. Olive oil dressing.	Hot or cold Spanish omelette Salad with mixed seeds.	Homemade soup and gluten free crackers. Side salad.
Dinner	Lamb & mint burgers. Sweet potato wedges. Salad	Thai baked salmon Steamed new potatoes Steamed broccoli, carrots and mange tout.	Chicken stir fry with rice noodles. <i>(You want the proportion of vegetables to be greater than the noodles!)</i>	Gluten-free sausage casserole. A big pile of steamed green leaves (spring greens, spinach, broccoli etc)	Smoked haddock kedgerree.	Grilled pork chop, mashed sweet potato, peas and sugar snap peas.	Meatballs in tomato sauce served on courgette ribbons, pan fried in butter with garlic and spring onions. On-plan soft 'ice-cream'
Snacks if hungry	Strawberries. Home-made almond butter on sliced apple.	Munchy Seeds Blueberries	Cup of homemade soup. Brazil nut stuffed medjool dates.	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, raspberries, strawberries, tomato, watermelon, asparagus, aubergine, courgette, fennel, globe artichokes, lambs lettuce, lettuce, new potatoes, peas, pepper, radish, sorrel, spinach, spring greens, watercress, lamb, cod, crab, halibut and salmon.