

June wk 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(you don't need to have something different each day, this is for info!)</i>	Homemade Granola and milk replacement with added berries.	Scrambled eggs with mushrooms and tomatoes. Half a grapefruit.	Porridge with milk replacement or water, chopped pear, cinnamon sprinkle, raisins.	Big bowl of berries, slivered almonds or mixed nuts.	Homemade muesli and milk replacement	Poached smoked haddock, grilled tomato and rocket.	Spinach omelette
Lunch	Smoked mackerel salad. Gluten free oat cakes. Apple	Homemade soup. Side salad. Rice cakes / corn thins. Banana	Salmon and hard boiled egg salad. Grapes	Omelette 'wrap'. Make a large, thin omelette, allow to cool and use as a 'wrap' to fill with salad, ham etc. Berries.	Three bean salad with rocket, watercress and cherry tomatoes. Herb and lemon dressing. Melon	Falafel (gluten free) Salad Hummus Apricots	Gluten free sausages, sautéed potatoes, coleslaw, cherry tomatoes and cucumber. Plums
Dinner	Fish Pie, topped with thinly sliced potatoes or mashed cauliflower and served with mange tout and baby corn.	Chicken Stir-Fry - with or without rice noodles.	Gammon steak Grilled tomato Asparagus Steamed carrots Green beans	Lamb koftas Ratatouille Small portion of rice if wished.	Thai Prawn Noodles	Grilled tuna Grilled tomato Steamed green beans & baby sweetcorn	Roast lamb Steamed new potatoes buttered Courgettes Peas Spring greens Apricot crumble
Snacks if hungry	Punnet of berries	Apple & peanut butter	Olives Nuts and dried fruit	Sliced kiwi, mango and slivered almonds	Box of blueberries	Granola with milk replacement	Celery and nut butter

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.