

August wk 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Homemade Granola</a> and milk replacement with added berries.	Scrambled eggs with smoked salmon and rocket  Peach	<a href="#">FastTrack Muesli</a>	Poached eggs on sliced deli ham and tomatoes.  Oat cakes.	Smoothie: berries, peach, banana and ground almonds. Milk substitute of choice.	Full fat natural yoghurt, dollop of nut butter, seeds and a banana.	Chopped raspberries, melon & peach topped with toasted almonds & pumpkin seeds and a dollop of natural yoghurt.
<b>Lunch</b>	Tuna Nicoise Salad  Sliced peaches	Cold quiche Salad  Plums and almonds	Baked potato Tinned mackerel Tomato & avocado salad  2-3 medjool dates	Rice salad with colourful veg like peppers, sweetcorn, carrots, spring onions (could add cold meat if liked) Dressed with a lemon & oil dressing.	Homemade soup Rice cakes Hummus Carrots  Apple and peanut butter	Gluten free sausages Eggs Homemade chips and beans.	Prawn salad
<b>Dinner</b>	<a href="#">Gluten free Quiche</a> Steamed courgette, runner beans	Spicy chicken & Bok Choi stir-fry. Small portion of rice.	Lamb steak New potatoes Runner beans Carrots, broccoli	Roast chicken legs dusted with paprika Spicy ratatouille Cauliflower	Sea bass Sautéed potatoes Stir fried green veg.	Shepherds Pie Lots of cabbage	Gluten free spaghetti bolognese.
<b>Snacks if hungry</b>	Peanut butter and celery	Apple & hummus	Olives Nuts and dried fruit	Sliced kiwi, mango and coconut chunks	Box of strawberries	Granola with milk replacement	Celery and nut butter

Seasonal foods this month: **In season.** Apricots, aubergine, cherries, chicory, crab, courgette, cucumber, fennel, French beans, globe artichoke, greengages, kohlrabi, lamb, mackerel, nectarine, peas, peach, radish, raspberries, redcurrant, rocket, runner beans, sardine, spring onion, strawberry, Swiss chard, tomato, watercress.