

September week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Homemade Granola</a> and milk replacement with sliced plums.	Scrambled eggs with smoked salmon and rocket  Raspberries	<a href="#">FastTrack Muesli</a> and milk replacement with Raspberries	Poached eggs on sliced deli ham, wilted spinach 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>	Avocado and prawn salad.  Apple	Cold risotto  Punnet of berries	<b>** Quick and Easy**</b>  Tin of mackerel / sardines / tuna  Bag of mixed leaves Cherry tomatoes Packet of oat cakes	Homemade soup of choice, the chunkier the better. :-)  Figs	Mushroom omelette Salad	Gluten free sausages Baked beans Baked beef tomato Mushrooms	Baked potato with left over chilli.
<b>Dinner</b>	Chicken and mushroom risotto (no cheese) Watercress salad.	Liver and onions Mashed potatoes Leeks, broccoli and peas.	Pan fried salmon Watercress and rocket salad with tomatoes and cucumber.	Fish Pie topped with thinly sliced potato and onion.  Courgettes and peas.	Lamb steak Ratatouille Corn on the cob	Chilli con carne <a href="#">Flat breads</a> Salad	Slow cooked beef Steamed carrots and runner beans.
<b>Snacks if hungry</b>	Peanut butter and apple.	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.** Apples, blackberries, figs, peaches, plums, raspberries, redcurrants, strawberries. Artichoke, aubergine, beetroot, broad beans, courgettes, leeks, potatoes, radishes, runner beans, spring onions, sweetcorn, turnips, watercress. Lamb, rabbit, venison. Crab, mackerel, plaice, sea trout, turbot.