

September week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Homemade Granola and milk replacement with sliced plums.	Scrambled eggs with smoked salmon and rocket Raspberries	FastTrack Muesli 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.
Lunch	Deli ham salad with olives and hummus.	Baked potato Coleslaw Lettuce & cucumber	** Quick and Easy** Tin of mackerel / sardines / tuna Bag of mixed leaves Cherry tomatoes Packet of oat cakes	Homemade soup of choice, the chunkier the better. :-) Rice cakes Hummus	Spanish omelette side salad	Homemade soup. Cold meats Oat cakes Salad	Grilled mackerel Grilled tomato Scrambled eggs Rocket & watercress
Dinner	Chicken thigh stir fry, using bean sprouts rather than noodles.	Grilled swordfish Pan fried courgettes, leeks and mushrooms.	Gluten free pasta or courgette noodles & Bolognese sauce.	Gammon steak Broccoli Leeks & mushrooms Grilled tomato	Homemade fish cakes Homemade sweet potato wedges Peas Runner beans	Shepherds Pie Cabbage (lots!)	Your choice! Well done, you made it! :-)
Snacks if hungry	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.