

October	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Homemade Granola and milk replacement with blackberries.	Scrambled eggs with smoked salmon and rocket Fig	FastTrack Muesli and milk replacement with banana	Poached eggs on sliced deli ham, wilted spinach and tomatoes. Oat cakes.	Smoothie: berries, pineapple, banana and ground almonds. Milk substitute of choice.	Porridge Raisins Cinnamon	Almond pancakes Sliced banana and blueberries.
Lunch	Butternut squash (or pumpkin) soup. Chunky side salad. Apple	Tuna salad with olives. Pear.	Prawn & avocado salad with mixed seeds sprinkled on top.	Jacket potato Left over roasted vegetables Orange	Chicken curry Small portion rice	Hummus and gluten free falafel with salad.	Seared salmon steak with stir fried veggies.
Dinner	Savoury mince with mashed swede and carrots. Cabbage.	Pork loin chops/steaks Sweet potato wedges Runner beans. Sweet corn.	Roasted vegetables of your choice. Roast in a little coconut oil. With chicken legs roasted on top.	Beef stir fry Use rice noodles if using noodles.	Wheat free quiche. Steamed broccoli and leeks.	Beef ghoulish Mashed butternut squash Kale	Roast dinner of your choice. Lots of vegetables. Apple & blackberry crumble.
Snacks if hungry	Peanut butter and celery.	Carrot & hummus	Olives Nuts and dried fruit	Nut butter and rice cake.	Small handful nuts.	Guacamole and rice cakes	Celery and nut butter

Seasonal foods this month: **In season.** Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, garlic, jerusalem artichoke, kale, leeks, lettuce & salad leaves, marrow, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, swede, sweetcorn, tomatoes, turnips, watercress. Apples, bilberries, blackberries, elderberries, figs, pears. Cod, coley, crab, dover sole, mackerel, pilchards, plaice, red mullet, sea bass, bream, turbot.