

October week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Homemade Granola and milk replacement with blackberries.	Scrambled eggs with smoked salmon and rocket Pear	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 Chopped pear, raisins and cinnamon all cooked together so there is no need to sweeten.	Almond pancakes Sliced banana and blueberries.
Lunch	Herrings Oat cakes Chunky side salad. Apple	Baked sweet potato Butter, salt & pepper Dark green leafy salad with coleslaw	Leek soup Rice cakes Hummus	Griddled halloumi Avocado salad	Tinned oily fish Dark green leafy salad Tomatoes	Tomato Soup Flat breads Apple Brazil nuts	Spanish Omelette
Dinner	Gluten free sausage casserole. Cauliflower, runner beans, carrots.	Red lentil & vegetable curry Small portion rice	Gammon steak Fried egg Parsnip 'chips' Peas Grilled tomato	Roast duck / chicken legs Stir fry veggies.	Tuna and gluten free pasta bake. Steamed kale and leeks.	Shepherds Pie topped with mashed swede Runner beans	Oven baked sea bass Roasted onions, leeks, mushrooms, peppers and tomatoes.
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.