

October week 3	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	Smoked salmon Gluten free rye bread Sliced cucumber and tomatoes. Pear	Chunky vegetable soup Toasted gluten free rye bread. Apple	Cold chicken and avocado salad. Top with seeds. Orange	Tuna mayonnaise & sweetcorn in a medium sized baked potato. 2 kiwi fruit	Scrambled eggs on deli ham and toasted gluten free rye bread with quartered tomatoes and rocket. Brazil nuts and raisins	Prawn stir fry with rice noodles or rice	Grilled goats cheese and tomato salad. Oat cakes
Dinner	Roast chicken legs Mashed potato Stir fried kale and spring onions Peas	Baked swordfish Sweet potato Ratatouille Broccoli	Homemade curry of choice Onion bhajis (<i>replace carrot with onion</i>)	Grilled smoked mackerel Stir fried mixed vegetables	Gluten free spaghetti Bolognese	Liver and bacon casserole Steamed cabbage Mashed potatoes	Meat loaf Roast root vegetables (swede, parsnips, carrots) Steamed broccoli, runner beans.
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.