

October week 4	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	Homemade soup Spiced squash, apple & cider Gluten free rye bread / toast.	Smoked mackerel with coleslaw and green avocado salad. Gluten free oatcakes.	Baked sweet potato. Left over chilli. Fruit	Hummus, guacamole, olives, crudités and gluten free crackers. Cherry tomatoes	Bacon and onion omelette. Side salad.	Gluten free sausages, Fit Camp beans , fried / poached eggs. Grilled tomatoes.	Left over risotto
Dinner	Homemade curry small portion or rice.	Homemade chilli (meat or veggie) on a bed of steamed kale (nicer than it sounds!)	Pork loin chop Sautéed leeks, Brussel sprouts, and mushrooms. Baked tomato.	Prawn Laksa (replace egg noodles with rice noodles)	Gluten free pasta bake with steamed leeks and runner beans.	Sea food risotto	Roast dinner of choice without stuffing, but lots of vegetables.
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](#). Apple, banana, beetroot, Bramley apple, Brussels sprouts, cabbage, celeriac, celery, chestnut, chicken, clementine, crab, cranberry, dates, duck, globe artichoke, goose, grouse, guinea fowl, Jerusalem artichoke, kale, kohlrabi, lamb, lamb's lettuce, leek, lettuce, mussels, onion, pak choi, parsnip, pear, peas, pomegranate, pork, pumpkin, quince, radicchio, runner bean, salsify, spring onion, swede, sweet potato, Swiss chard, turnip, venison, whiting.