

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Granola	Satsumas	Chicken curry leftovers	Nuts & Raisins	Halloumi Salad
Tuesday	Orange Berry Smoothie	Hummus & Pitta	Halloumi Salad leftovers	Apple	Thai Noodles
Wednesday	Granola	Apple & Nut Butter	Proscuitto Rolls & Salad	Nak'd bar	Turkey Bolognese Courgetti
Thursday	Raspberry and Oat Smoothie	Strawberries	Butternut & Tomato Soup	Nuts & Raisins	Oven baked Salmon and potatoes with veg with lemon buttermilk sauce
Friday	Granola	Nak'd bar	Beetroot Falafels with hummus and spinach	Cherries	Friday night takeaway
Saturday	Gluten free toast with clean jam	Nut butter and Oatcakes	Beef Tomato, Mozarella and Avocado Salad	Strawberries	Spiced aubergine and cauliflower bake
Sunday	Poached eggs GF Toast Grilled Tomatoes	Hummus Carrot batons	Rye bread Avocado Tomato open sandwich	Sweet Potato crisps	Roast Chicken with mediterranean veg