

Meal Plan – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Quick Oat Power Porridge (V)	Breakfast in a Hurry (V)	Quick Oat Power Porridge (V)	Super Smoothie (V)	Quick Oat Power Porridge (V)	Summer Fruit Compote (DF, V)	Spinach, Watercress and Potato Omelette (V)
Morning Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Lunch	Open Topped Crunchy Tuna Sandwich	Beef and Noodles in Oyster Sauce	Turkey, Rocket and Cranberry Pitta Pockets	Grilled Chicken with Brown Rice & Broccoli	Tomato & Chicken Baguette	Lamb Risssoles with Sweet Potato Chips	Quick Crab Cakes with Chilli Dipping Sauce
Afternoon Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Oysters in the Sun	Your choice
Dinner	Beef and Noodles in Oyster Sauce (cook double for lunch tomorrow)	Thai Beef & Noodle Salad (cook double for lunch tomorrow)	Grilled Chicken with Brown Rice & Broccoli (cook double for lunch tomorrow)	Tuna and Green Bean Salad	Mexican Taco Salad (DF)	Tuna Steak on Pepper and Noodle Bed	Moroccan Chicken Salad

D = dairy free, GF = gluten free, V = vegetarian