

Meal ideas

	Breakfast	Lunch	Dinner
Monday	Wheat bisk with semi skimmed milk and a banana	Tuna salad with oatcakes	Jerk chicken with rice and peas
Tuesday	Overnight Oats with frozen raspberries	Pasta with tuna and sweetcorn with a side salad	Spinach and lamb curry with a pan-toasted wrap
Wednesday	Peanut butter sandwich and a handful of grapes	Omelette and cheese sandwich with tomatoes	Creamy pasta tossed with jerk chicken and red peppers
Thursday	Shakshuka with wholemeal bread	Sweet potato and chickpea salad	Daal (red split lentil) with pitta bread and side salad
Friday	Oatmeal porridge	Chicken/Lamb shawarma with salad	Sweet potato and Chickpea curry with easy cook rice
Saturday	Oat and banana smoothie with a handful of pumpkin seeds	Home made carrot soup with oatcakes and sliced cheese	Chicken and mixed vegetable stir fry with rice
Sunday	Whole meal bread with scrambled eggs and tinned tomatoes	Wrap with hummus and peppers with a side salad	Salmon fillet with potatoes, carrots, and broccoli