

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Toast, fruit, yoghurt, cereal	Pancakes
<b>Snack</b>	Fruit & oatmeal cookie	Fruit & peanut butter dip	Fruit & muffin <a href="http://www.abelandcole.co.uk/recipes/oh-so-virtuous-carrot-muffins">http://www.abelandcole.co.uk/recipes/oh-so-virtuous-carrot-muffins</a>	Fruit & cheese cubes	Fruit & peanut dip		
<b>Lunch</b>	Soup, Bread & Cheese -soup from Sunday	Scrambled/boiled egg & toast	Beans & toasted cheese sandwiches	Macaroni Cheese	Wraps/pitta bread with filling <a href="http://www.abelandcole.co.uk/recipes/thats-a-tortilla-wrap">http://www.abelandcole.co.uk/recipes/thats-a-tortilla-wrap</a>	Picnic style Lunch with yummy bread	Picnic style Lunch with yummy bread
<b>Snack</b>	Veggies & humous <a href="http://www.abelandcole.co.uk/recipes/veg-box-houmous">http://www.abelandcole.co.uk/recipes/veg-box-houmous</a>	Veggies & cheese cubes	Veggies & humous <a href="http://www.inspiredtaste.net/22016/roasted-red-pepper-hummus-recipe/">http://www.inspiredtaste.net/22016/roasted-red-pepper-hummus-recipe/</a>	Veggies & breadsticks	Veggies & humous		
<b>Supper</b>	naan bread <a href="http://www.abelandcole.co.uk/recipes/stuffed-red-peppers">http://www.abelandcole.co.uk/recipes/stuffed-red-peppers</a>	Baked Potatoes	Fish Pie -Delia Smith recipe	<a href="http://www.abelandcole.co.uk/recipes/veg-box-fajitas">http://www.abelandcole.co.uk/recipes/veg-box-fajitas</a>	Pizza(chicken) with garlic bread and salad. Icecream	Sabbath dinner Chicken	Soup & Bread <a href="http://www.abelandcole.co.uk/recipes/kale-butter-bean-and-orange-soup-with-fried-almonds">http://www.abelandcole.co.uk/recipes/kale-butter-bean-and-orange-soup-with-fried-almonds</a>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Toast, fruit, yoghurt, cereal	Pancakes
<b>Snack</b>	Fruit & oatmeal cookie	Fruit & peanut butter dip	Fruit & muffin	Fruit & cheese cubes	Fruit & peanut dip		
<b>Lunch</b>	Soup, Bread & Cheese -soup from Sunday	Scrambled/boiled egg & toast	Beans & toasted cheese sandwiches	Macaroni Cheese	Wraps/pitta bread with filling	Picnic style Lunch with yummy bread	Picnic style Lunch with yummy bread
<b>Snack</b>	Veggies & humous	Veggies & cheese cubes	Veggies & humous	Veggies & breadsticks	Veggies & humous		
<b>Supper</b>	<a href="http://www.abelandcole.co.uk/recipes/smoke-spice-veg-stew">http://www.abelandcole.co.uk/recipes/smoke-spice-veg-stew</a> and bread	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/veg-in-the-hole">http://www.abelandcole.co.uk/recipes/veg-in-the-hole</a>	<a href="http://www.abelandcole.co.uk/recipes/very-easy-veg-box-teriyaki">http://www.abelandcole.co.uk/recipes/very-easy-veg-box-teriyaki</a>	Pizza(veg) with garlic bread and salad.	Sabbath dinner Pork	Soup & Bread <a href="http://www.abelandcole.co.uk/recipes/soup-with-a-thai-coconut-twist">http://www.abelandcole.co.uk/recipes/soup-with-a-thai-coconut-twist</a>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Icecream</b>							
<b>Breakfast</b>	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Toast, fruit, yoghurt, cereal	Pancakes
<b>Snack</b>	Fruit & oatmeal cookie	Fruit & peanut butter dip	Fruit & muffin	Fruit & cheese cubes	Fruit & peanut dip		
<b>Lunch</b>	Soup, Bread & Cheese -soup from Sunday	Scrambled/boiled egg & toast	Beans & toasted cheese sandwiches	Macaroni Cheese	Wraps/pitta bread with filling	Picnic style Lunch with yummy bread	Picnic style Lunch with yummy bread
<b>Snack</b>	Veggies & humous	Veggies & cheese cubes	Veggies & humous	Veggies & breadsticks	Veggies & humous		
<b>Supper</b>	<a href="http://www.abelandcole.co.uk/recipes/veg-box-risotto">http://www.abelandcole.co.uk/recipes/veg-box-risotto</a>	Baked Potatoes	Fish <a href="http://www.abelandcole.co.uk/recipes/vegeree-kedgeree">http://www.abelandcole.co.uk/recipes/vegeree-kedgeree</a>	<a href="http://www.abelandcole.co.uk/recipes/cuban-ropa-vieja">http://www.abelandcole.co.uk/recipes/cuban-ropa-vieja</a>	Pizza(pork) with garlic bread and salad. Icecream	Sabbath dinner Chicken	Soup & Bread <a href="http://www.abelandcole.co.uk/recipes/putting-down-roots-soup">http://www.abelandcole.co.uk/recipes/putting-down-roots-soup</a>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Porridge with fruit and yoghurt	Toast, fruit, yoghurt, cereal	Pancakes
<b>Snack</b>	Fruit & oatmeal cookie	Fruit & peanut butter dip	Fruit & muffin	Fruit & cheese cubes	Fruit & peanut dip		
<b>Lunch</b>	Soup, Bread & Cheese -soup from Sunday	Scrambled/boiled egg & toast	Beans & toasted cheese sandwiches	Macaroni Cheese	Wraps/pitta bread with filling	Picnic style Lunch with yummy bread	Picnic style Lunch with yummy bread
<b>Snack</b>	Veggies & humous	Veggies & cheese cubes	Veggies & humous	Veggies & breadsticks	Veggies & humous		
<b>Supper</b>	<a href="http://www.abelandcole.co.uk/recipes/red-hot-chilli-pepper-con-carne">http://www.abelandcole.co.uk/recipes/red-hot-chilli-pepper-con-carne</a>	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/fantastic-fish-pie">http://www.abelandcole.co.uk/recipes/fantastic-fish-pie</a>	<a href="http://www.abelandcole.co.uk/recipes/bubble-and-squash">http://www.abelandcole.co.uk/recipes/bubble-and-squash</a>	Pizza (veg)with garlic bread and salad. Icecream	Sabbath dinner Pork	Soup & Bread <a href="http://www.abelandcole.co.uk/recipes/squash-pear-soup">http://www.abelandcole.co.uk/recipes/squash-pear-soup</a>