

	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/pear-and-cocoa-muffins">http://www.abelandcole.co.uk/recipes/pear-and-cocoa-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 <a href="http://www.bbc.co.uk/food/recipes/seeded_breadsticks_74329">http://www.bbc.co.uk/food/recipes/seeded_breadsticks_74329</a>	Veggies & humous		
<b>Supper</b>	<a href="http://www.abelandcole.co.uk/recipes/peanut-butter-noodles">http://www.abelandcole.co.uk/recipes/peanut-butter-noodles</a>	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/curried-carrot-veggie-burgers">http://www.abelandcole.co.uk/recipes/curried-carrot-veggie-burgers</a>	<a href="http://www.abelandcole.co.uk/recipes/buttery-ginger-salmon-parcel">http://www.abelandcole.co.uk/recipes/buttery-ginger-salmon-parcel</a> (we use trout)	Pizza(chicken) with garlic bread and salad. Icecream	Sabbath dinner Pork	<a href="http://www.abelandcole.co.uk/recipes/i-say-tomato-you-soy-tomato-soup">http://www.abelandcole.co.uk/recipes/i-say-tomato-you-soy-tomato-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/jubilant-spring-quiche">http://www.abelandcole.co.uk/recipes/jubilant-spring-quiche</a>	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/oooh-la-la-sage-chicken-paillard">http://www.abelandcole.co.uk/recipes/oooh-la-la-sage-chicken-paillard</a>	<a href="http://www.abelandcole.co.uk/recipes/carrot-lamb-koftes">http://www.abelandcole.co.uk/recipes/carrot-lamb-koftes</a> with <a href="http://www.abelandcole.co.uk/recipes/herbaceous-bean-salad-with-tahini-dressing">http://www.abelandcole.co.uk/recipes/herbaceous-bean-salad-with-tahini-dressing</a>	Pizza(veg) with garlic bread and salad. Icecream	Sabbath dinner Chicken	<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>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	Breakfast on the go
<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 with B&T and family <a href="http://www.abelandcole.co.uk/recipes/fri-tart-ta">http://www.abelandcole.co.uk/recipes/fri-tart-ta</a>
<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/sauce-it-up-romesco-style">http://www.abelandcole.co.uk/recipes/sauce-it-up-romesco-style</a>	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/buttered-salmon--samphire-spaghetti">http://www.abelandcole.co.uk/recipes/buttered-salmon--samphire-spaghetti</a>	<a href="http://www.abelandcole.co.uk/recipes/coconut-rice-with-greens">http://www.abelandcole.co.uk/recipes/coconut-rice-with-greens</a>	Pizza(pork) with garlic bread and salad. Icecream	Sabbath Dinner Pork	<a href="http://www.abelandcole.co.uk/recipes/broccoli-chilli-orange-soup">http://www.abelandcole.co.uk/recipes/broccoli-chilli-orange-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/veg-box-fajitas">http://www.abelandcole.co.uk/recipes/veg-box-fajitas</a>	Baked Potatoes	<a href="http://www.abelandcole.co.uk/recipes/chianti-baked-meatballs">http://www.abelandcole.co.uk/recipes/chianti-baked-meatballs</a>	<a href="http://www.abelandcole.co.uk/recipes/domo-arigoto-tomato-risotto">http://www.abelandcole.co.uk/recipes/domo-arigoto-tomato-risotto</a>	Pizza (veg)with garlic bread and salad. Icecream	Sabbath dinner Chicken	<a href="http://www.abelandcole.co.uk/recipes/broccoli-chilli-orange-soup">http://www.abelandcole.co.uk/recipes/broccoli-chilli-orange-soup</a> in the hope of some ice weather