

November week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Homemade Granola</a> and milk replacement with blackberries.	Scrambled eggs with smoked salmon and rocket  Pear	<a href="#">FastTrack Muesli</a> and milk replacement with banana	Poached eggs on sliced deli ham, wilted spinach and tomatoes.  Oat cakes.	Smoothie: berries, pineapple, banana and ground almonds. Milk substitute of choice.	Porridge Chopped pear, raisins and cinnamon all cooked together so there is no need to sweeten.	Almond pancakes Sliced banana and blueberries.
<b>Lunch</b>	<a href="#">Spicy lentil soup</a>  Gluten free rye bread / toast.	Out on the road - what to buy?  Sushi Box of mixed salad & cold meat Hummus & falafel Soup	Prawn & egg salad	<a href="#">Spicy coconut &amp; squash soup</a>  Rice cakes	Baked potato Curry topping	Gammon steak Egg Sweet potato wedges Peas	Avocado and ham salad with olives and <a href="#">flat breads</a> .
<b>Dinner</b>	Shepherds Pie Cabbage Peas	<a href="#">Spicy Turkey Burgers</a>  Ratatouille Green leafy veg.	Sweet & Sour Pork Small portion rice Stir fried leeks	<a href="#">Jerk Chicken</a>  Small portion rice Side salad	Homemade TakeAway Night  <a href="#">Singapore Rice Noodles</a> (replace soy sauce with Tamari)	<a href="#">Ox cheek ragu</a>  Serve with gluten free pasta and a green veg.	Steak & Kidney casserole Mashed swede & carrot Kale Peas
<b>Snacks if hungry</b>	Peanut butter and celery.	Carrot & hummus	Olives Nuts and dried fruit	Nut butter and rice cake.	Small handful nuts.	Guacamole and rice cakes	Celery and nut butter

Seasonal foods this month: **In season.** Apple, banana, beetroot, Bramley apple, Brussels sprouts, cabbage, celeriac, celery, chestnut, chicken, clementine, crab, cranberry, dates, duck, globe artichoke, goose, grouse, guinea fowl, Jerusalem artichoke, kale, kohlrabi, lamb, lamb's lettuce, leek, lettuce, mussels, onion, pak choi, parsnip, pear, peas, pomegranate, pork, pumpkin, quince, radicchio, runner bean, salsify, spring onion, swede, sweet potato, Swiss chard, turnip, venison, whiting.