

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Toast with peanut butter and banana	Granola with berries and soya yoghurt	Toast with butter (you could sub with vegan butter) and jam	Scrambled egg on toast with (vegan) butter	Fruit jam, banana and peanut butter porridge made with soya or oat milk	Vegan pancakes with blueberries and maple syrup	Veggie fry-up: Linda McCartney veggie sausages, hash browns, beans, tomatoes, and mushrooms
Price per person (estimated)	21p	72p	14p	34p	42p	48p	£1.73
Lunch	Falafel and hummus wrap with cucumber, tomato and lettuce	Leek and potato soup with bread	Rice salad with avocados, roasted peppers and hummus	Tomato soup with bread	Spaghetti with vegan meatballs	Cheese, pickle and lettuce sandwich	Lentil and nut roast , with roast potatoes, Yorkshire puddings and veg
Price per person (est.)	98p	52p	£1.40	82p	95p	£1.02	£2.78
Dinner	Nachos with veggie chilli (you can swap out regular cheese for vegan cheese!)	Sweet potato and chickpea curry with rice and naan bread	Peanut butter tofu and veg stir fry	Mushroom and asparagus risotto	Lentil shepherd's pie	Veggie Thai curry	Carrot and coriander soup with bread and cheese
Price per person (est.)	£1.53	£1.20	£2.38	£2.62	£2.54	£2.62	£1.43