

# WINTER MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	<a href="#">Carrot Cake Porridge</a>	<a href="#">Red Cabbage, Walnut and Pear Salad with Date And Balsamic Sauce</a>	<a href="#">Very Easy Bean Burgers</a>	<a href="#">Peanut Butter, Tahini and Choc Chip Cookies</a>
TUESDAY	<a href="#">Traditional Irish Pumpkin Brack</a>	<a href="#">Thai Pumpkin Soup</a>	<a href="#">Feijoada, Brazilian Black Bean Stew</a>	<a href="#">Vegetable Crisps</a>
WEDNESDAY	<a href="#">Apple Cinnamon Wholemeal Waffles</a>	<a href="#">Tikka Smoked Tofu Skewers with Apple Slaw</a>	<a href="#">Puy Lentil Pie</a>	<a href="#">Raw Mini Christmas Puds</a>
THURSDAY	<a href="#">Ginger Nut Crunch Muesli</a>	<a href="#">Sweet Potato and Onion Pakoras</a>	<a href="#">Parsnip, Kale and Kidney Bean Hotpot</a>	<a href="#">Baked Apples with Spiced Rice Pudding</a>
FRIDAY	<a href="#">Winter Spiced Carrot Smoothie</a>	<a href="#">Spicy Bean and Veg Soup</a>	<a href="#">Tarka Dal</a>	<a href="#">Amaretto Poached Pear</a>
SATURDAY	<a href="#">Spiced Apple Porridge with Grilled Pears</a>	<a href="#">Beetroot and Kale Burger with Balsamic Red Onions</a>	<a href="#">Mushroom and Chestnut Wellington</a>	<a href="#">Carrot Cake</a>
SUNDAY	<a href="#">Cinnamon and Raisin Pancakes</a>	<a href="#">Cheese on Toast (with Potato and Carrot Cheese)</a>	<a href="#">Herby Stuffed Squash</a>	<a href="#">Chestnut Cranberry Pie</a>

