

My Weekly Menu: by Jessica's Kitchen

	Breakfast	Recipe	Lunch	Recipe	Dinner	Recipe
Mon	Sweet Omelette	Think flourless pancake - Jessica's Kitchen	Frittata	Love making these at the minute! Use up everything in the fridge. Bit of pepperoni is the best.	Sweet Chilli Salmon & "Tomato Rice"	Jessica's Kitchen
Tues	Big Bowl of Nature's Path Mesa Sunrise and Milk	Love it on its own because it says crunchy	Maccy Dees Style Chicken Wrap	Sainsburys Chicken Dippers, Genius Wrap (warm it up), lettuce, mayo, sweet chilli	Satay Chicken and Egg Fried Rice	Jessica's Kitchen egg fried rice and Satay Chicken
Wed	Mesa Sunrise	Did I mention that I find something I love and have it again and again and again!	Picking something from this...	10 Quick Lunch Ideas	Takeaway	Did you know Deliveroo is still offering £5 off Mon-Wed?
Thurs	Mesa Sunrise	Honestly... haha. Might change it up and add some chopped banana this time! Or chocolate	Soup and Meatballs	Love Glorious Soup. Most supermarket own meatballs are gluten free	Bolognese	Always use BBC Best Ever Bolognese Recipe
Fri	Pancakes/Eggy Bread	Jessica's Kitchen pancakes couple of variations in the link but for the weekend I go for "Ultimate American Fluffy"	-Fish Finger Sandwich	Any supermarket own free from fish fingers are good! Spoon of peas and lots of tartare sauce	Leftover Bolognese on a Jacket Potato	Loads of salad and fresh tomatoes from the garden
Sat	BIRTHDAY BREKKIE!!!!!!	UNDECIDED ;) WATCH THIS SPACE!!	CAKE!!!	-	TO THE PUB :)	-
Sun	Nature's Path Granola	Topped with fruit and yoghurt	Ham, Egg & Cheese Baked Wraps	Jessica's Kitchen	Shredded Chicken Nachos	Anyone fancy the recipe??