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|  | **Breakfast** | **Lunch** | **Dinner** | **Snack suggestions** |
| **Monday** | Spanish Omelette (2 eggs, 1 chopped onion, 1 small sliced potato)  Small semi skimmed latte (HeA) | Tuna or chicken salad sandwich. (use 2 x whole wheat slices for HeB)  Banana & orange | Homemade Turkey Burgers, SW chips and broccoli | 1 syn mug cake |
| **Tuesday** | Overnight oats (HEB) using 35g porridge, blueberries and a muller light | Mccains Baked Potato (1 syn) with beans and ham slices.  2 mandarins | Chicken fillets with lemon couscous and asparagus. | 3 Squares of Bournville (6 syns) |
| **Wednesday** | 35g shreddies with skimmed milk (HEB and HEA) | Lime Chicken and chickpea salad | Birds eye inspirations fish chargrills (0.5 syn each) with mushy peas and carrot chips | Ham and Egg cups |
| **Thursday** | In a bowl: Banana sliced  Alpen Light (HEB)crushed and Muller light | Tuna, peas and rice  Alpen light (HEB) | Swede topped cottage pie | Fruit salad with muller light |
| **Friday** | Veggie or Low Syn Sausages (Mallons - Free)  Beans  Fried Tomatoes | Spicy Couscous & Ham Balls with salad | Baked Gammon (Fillet or Steaks), boiled baby potatoes, served with cabbage. (optional ½ sachet of cheese sauce for 2.5 syns) | Cadbury Highlights Hot Chocolate topped with 10 mini marshmallows/ Total: 3 syns |
| **Saturday** | Weetabix Muffins (HEB and 1 syn each) or Weetabix with skimmed milk (HEB and HEA) | Ham and Egg Pasta Salad | Mash topped Fish Pie served with peas. | Muller light goodies (2.5 syns all flavours) |
| **Sunday** | Rashers, 2 x Wholegrain Toast Slices, Beans Mushrooms | Omelette made with 2 eggs, ham, cheese & cherry tomatoes | SW Chicken Curry with syn-free onion bhajis and salad | Packet of Skips (4 syns) |