19th October 2017

Thursday

Breakfast

As usual.

+ Pancakes and maple syrup.

Lunch

Moroccan lamb Brik, yogurt.

Jumbo sausages, onion gravy, Yorkshire pudding.

Vegetarian Iman Bayildi.

Dinner

Homemade beef burger in a bun with salad and cheese

Baked fresh cod, herb crust

Vegetarian chilli con queso, rice

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