

Ramadan Weekly Meal Planner

Day	Suhoor	Iftar	Dessert/Snacks
Monday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with Tuna in a little Mayo, Avocado, Sweetcorn and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Fish Pie/Fish & Pasta	Choc Mousse Tea/Coffee Dark Choc
Tuesday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with 2 Poached Eggs Avocado, Mushrooms and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Lamb Curry with Rice/Chappati	Oats/Yoghurt/Fruit Tea/Coffee Dark Choc
Wednesday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with Salmon Trimmings Avocado, Sweetcorn and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Kebabs in Burgers or Chicken Wings with Chips	Choc Mousse Tea/Coffee Dark Choc
Thursday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with Shredded Chicken Avocado, Sweetcorn and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Chicken Curry with Rice/Chappati	Oats/Yoghurt/Fruit Tea/Coffee Dark Choc
Friday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with 2 Poached Eggs Avocado, Mushrooms and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Takeaway!	Cake Tea/Coffee Dark Choc
Saturday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with Tuna in a little Mayo, Avocado, Sweetcorn and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Cheese n Onion Pie + Chips	Choc Mousse Tea/Coffee Dark Choc
Sunday	Glass of Water Orange Juice 2 Slices Toast (Seeded Wholemeal Bread) Topped with 2 Poached Eggs Avocado, Mushrooms and Tomato Hot Drink (Tea/Coffee/Hot Choc)	Glass of Water Dates (3 or other odd number) Variety of Fruit/Mango Lassi Chicken Roast Pilau Rice (Peas/Chickpeas)	Oats/Yoghurt/Fruit Tea/Coffee Dark Choc