

# **My food diary**

## **Breakfasts**

Shreddies and milk x 3  
Weetabix and banana with milk x 5  
Porridge and grated apple x 2

## **Lunches**

Shop bought sandwiches as we were on holiday! x 1  
Pasta salad x 1  
Cucumber and cheese sandwiches x 2  
Homemade pumpkin soup with bread  
Hummus, with sliced pitta, carrot, cucumber and celery sticks x 3  
Hummus and grated carrot sandwiches x 2

## **Dinners**

Homemade pizza x 2  
Sausage hotpot (made with sweet potato, new potatoes, onions, red pepper and parsnip)  
Tomato risotto and garlic bread  
Roast dinner – pie, roast potatoes, Yorkshire puddings, roasted sweet potatoes and parsnip and broccoli. x 2  
Homemade fish cakes (used frozen mashed potato to make them), chips and baked beans  
Spinach pasta bake  
Homemade veggie burgers (used sweet potato, parsnip and carrots along with oats and lentils) with bread rolls and homemade potato wedges and baked beans  
Shepherd's pie

## **Snacks**

Pumpkin cake, bread pudding, candied orange peel dipped in dark chocolate, Jaffa cakes, apples, oranges, grapes, Hula Hoops, pumpkin seeds and carrots.