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Day 1 - 07/07

Adapted Paella recipe with wild and brown rice. Onion and red pepper is from our vegie box, peas are frozen from the supermarket, prawns from the fish monger.



Rhubarb fool with yogurt for desert. (both from the box)



Day 2 - 08/07

The nanny soup: Butternut squash, potato, onion, carrot, spring greens and kohlrabi - all from the box!

Kid ate a peeled carrot and a cucumber as a snack before dinner - both from the box!



Day 3 - 09/07

For lunch we had adapted Spanish omelette with sweet potatoes, yellow pepper, onion, tomatoes and parsley + egg. I believe only the onion, pepper and eggs were from the box/ side order with Riverford. Sweet potatoes from Waitrose online order, the remain from local shopping.

For dinner we took Mexican take away which is very unlike us! (and was delicious!) This morning, I did a shopping run for vegetables, milk and bread as we were running low on pretty much everything (box delivery is on Mondays).



Day 4 - 10/07

For lunch we had burekas: filo dough from online order Waitrose, feta cheese and eggs + green salad from Tesco next to home.



Dinner: broccoli and anchovies pasta. Broccoli from local grocer, anchovies, pasta, parmesan and anchovies from online order.



Baking :-) Almond, lemon and poppy seeds cake. I used limes instead that I got from the extended order with Riverford. Almonds from an online order with Essential, poppy seeds from Waitrose. Eggs from Tesco, everything else I had at home for quite a while.



Day 5 - 11/07

Children's menu: beetroot, carrot and tuna pasta. Both vegetables from today's box.



Soup: Butternut squash, potatoes, onions, carrot, cabbage and courgette. All from today's box except butternut which was from last week extended order with Riverford.



Dinner: Caprese salad - tomato from local grocer, buffalo mozzarella from Tesco.



Day 6 - 12/07

Children meal: boiled potatoes, green beans, carrot and egg. All but the great beans were from Riverford box, the beans from Tesco. For dinner, I brought some food home from my cooking class and we made this salad to eat as a side: green lettuce from the box, tomatoes from the local grocer.



Day 7 - 13/07

Children's menu: beetroot and carrot risotto w/green beans and meat. Beetroot and carrot from the box.

Nanny soup: Butternut, carrot, potatoes, onion, cabbage and beans. Carrot, potatoes and onion from this week's box, butternut squash still from last week's extended order, butter beans from a can, probably from Waitrose online order.



Day 8 - 14/07

Yellow pepper and sweet potatoes omelette - pepper, onion, egg and avocado from the box.
Sweet potatoes from Waitrose



Day 9 - 25/07

Hi, today we had a little "accident"... The nanny added rubharb to the soup thinking it was just another type of celery (she had never seen it before)... The result was very lemony, the kids didn't like it :-)

Soup: potato, onion, cabbage, celery, carrot, courgette and rubharb, the last three from today's box.



Day 10 - 26/07

Children soup: potatoe, celery, onion, courgette, carrot, cabbage. Aig'h (Iraqi omelete) with potatoes, spring onions, parsley, mint. Potato from this week's box, all the others from local shopping on the weekend.



White cabbage and carrot salad, both from this week's box.



Rubharb fool (to add to Ice cream as desert) - both rubharb and orange from this week's box. (rubharb is a strange ingredient to us as we don't have it on our countries of origin. This recipe is getting some acceptance now but it was not always the case. More often than not, I would end up eating it all by myself.)



Day 11 - 27/07

Today's dinner is provided by my cooking class: potatoes, aubergine, courgette, carrots, asparagus, red onion, oregano and thyme. At home, I added red pepper that I had from this week's box. We ate it with Salmon and brown rice from Tesco.



Lemon and mint + banana and yogurt ice lollies - lemon and mint from the local grocer, banana from this week's extended order with Riverford, Greek yogurt from Asda



Day 12 - 28/07

Poached eggs with sauté spinach. Both eggs, spinach and fresh garlic where from this week's box / extended order from Riverford



Day 13 - 29/07

Adapted niçoise salad: Mixed salad, avocado and egg from Riverford box/extended order, green beans from Tesco (bought today), anchovies, mustard and lemon from Waitrose online order, organic honey from local veg organic shop



These bananas from Monday's box are dying... Definitely too ripe for any of us to eat them like that. I think I order them both in Riverford and Waitrose :-(Ice cream or/and banana cake need to happen on the next 24h!



Day 14 - 30/07

These are still from Friday soup: potatoes and endives from the box, celery from Waitrose, carrots and courgette purposely bought from Tesco next to us.



On Saturday lunch we ate pasta and prawns cooked with can tomatoes. For dinner we ate on a restaurant. I made ice lollies of orange juice and banana (both from extended order with Riverford).

About the bananas: I ended up making a banana bread after having frozen them overnight. A last one ended up in the garbage :-)